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# **Tuesday**



**EXPLAIN YOURSELF** 

Fans hope that the last season of 'Lost' comes with answers 31

# **WAIT AND SEE**

**Abstinence sex-ed movement** is backed by a landmark study **3** 

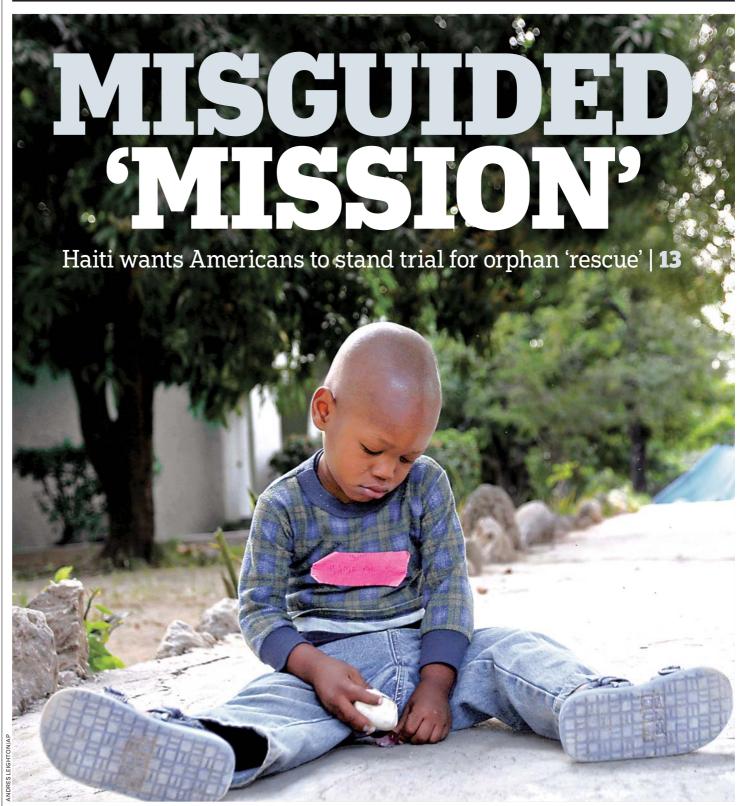


**CLEARING HOUSE** 

**D.C. United cuts ties** with ex-MVP Christian Gomez to save cash **18** 



FEBRUARY 2, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY





EYE OPENERS

# Marmot Sees Shadow; Alaska's Cold. Marmot Doesn't; Alaska's Cold

Alaska now has its own version of Groundhog Day. then-Gov. Sarah Palin signed a bill last year to make every Feb. 2 Marmot Day. The bill was introduced by Sen. Linda Menard, who said that because there are no groundhogs in Alaska, the ground squirrel should fill in. The bill didn't give marmots any weather forecasting duties, but Menard hopes the state will create educational activities based on the animal. (AP)

# Throats Begin Mass Attack On Houses

- Pennsylvania: Girard police say a driver's coughing fit caused him to crash his pickup into a Springfield Township home on Saturday. Lewis Brewer told police he began to "cough uncontrollably" before his 2004 Ford Ranger went into a ditch, traveled across a yard and hit the house. Nobody was hurt. (AP)
- ▶ Massachusetts: Police said a lumber truck crashed into a home after the driver was knocked unconscious while eating chili from Wendy's. Lowell police said Eric Gremm reported that he choked on the chili when the truck hit a bump, causing him to pass out as the flatbed truck veered off the road and slammed into the home. Emergency workers at the scene told him he had passed out, but he could not remember losing consciousness. He was treated for minor injuries. Police said he could be cited for eating while driving. (AP)



**A CONSTRUCTION WORKER** checks one of the tunnels of Budapest's new subway line in Hungary on Monday. Planning of Budapest's Nr. 4 subway dates back to 1972, but due to financial difficulties, the construction just started in 2006. The 8-mile-long line with 16 stations will be open to the public in early 2012. (AP)



# Obama Rolls Out a \$3.8T Budget

President: Fighting the recession takes priority over deficit

# Washington

President Obama unveiled a multitrillion-dollar spending plan Monday, pledging an intensified effort to combat high unemployment and asking Congress to quickly approve new job-creation efforts that would boost the deficit to a record-breaking \$1.56 trillion.

Obama's new budget blueprint preaches the need to make tough choices to restrain runaway deficits, but not before attacking what the administration sees as the more immediate challenge of lifting the country out of a deep recession.

The result is a budget plan that would give the country trillion-dollar-plus deficits for three consecutive years. Obama's new budget projects a spending increase of 5.7 percent for the current budget year and forecasts that spending would rise another 3 percent in 2011 to \$3.83 trillion.

"Until America is back at work, my administration will not rest and this recovery will not be finished," Obama said.

Addressing the fact that his budget first projects big increases in the deficit before starting to



Sam Armocido delivers copies of President Obama's budget to the Senate Budget Committee. The White House says the budget shortfall will hit \$1.6 trillion this year.

lower these imbalances, Obama told reporters, "It's very important to understand, we won't be able to bring down this deficit overnight given that the recovery is still taking hold and families across the country still need help."

Obama's budget offers tax cuts for businesses, including a \$5,000 tax credit for hiring new workers this year, help for the unemployed and \$25 billion more for cashstrapped state governments.

Republicans were not impressed with Obama's budget, saying it falls far short of the cost-cutting that is needed.

"This country is sinking into a fiscal quagmire," said Sen. Judd Gregg, R-N.H. "These circumstances call for a bold, game-changing budget that will turn things around." MARTIN CRUTSINGER (AP)

# New Study: Abstinence Ed Works

# Education

Sex education classes that focus on encouraging children to remain abstinent can convince a significant

33
The percenta

The percentage of children in the abstinence-only program who started having sex, the study found.

proportion to delay sexual activity, researchers reported Monday in a study that could have major implications for efforts to protect teens from unwanted pregnancies and STDs.

In the first carefully designed study to evaluate the controversial approach to sex ed, researchers found that only about a third of sixth and seventh graders who went through sessions focused on abstinence started having sex in the next two years. In contrast, nearly half of students who had other classes, including those that included information about contraception, became sexually active.

Based on the findings of the study, Obama administration officials said programs like the one evaluated in the study could be eligible for federal funding. ROB STEIN (THE WASHINGTON POST)

# **Budget Winners and Losers**

With President Obama's budget proposal for the 2011 fiscal year out on the street, here's a look at some of the winners and losers if the proposal were enacted in its current form. (TWP)

#### THE WINNERS

- ► K-12 education. Obama wants to increase federal funding for public education by nearly \$3 billion.
- ▶ **Highway and transit contractors.** The budget includes \$100 billion toward a new "jobs bill," of which infrastructure spending will be a major component.
- **Defense Department.** The budget provides \$549 billion toward the Defense Department's base operating costs, a 3.4 percent increase.

#### THE LOSERS

- Charities and universities. The budget revives Obama's proposal to reduce the amount that wealthy taxpayers can deduct for charitable donations.
- ▶ Moon-travel boosters. The budget adds \$6 billion to NASA's budget over five years, but it abandons the program to return humans to the moon.
- ► Army Corps of Engineers. The corps takes a big hit in the budget a funding reduction of about 10 percent.

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# **Toyota to Begin Repairs**

Company apologizes to its customers for recall of 4.2M autos

# **Washington**

Toyota Motor Corp. said Monday its dealers should get parts to fix a sticky gas pedal problem by the end of this week as the automaker apologized to customers and tried to bring an end to a recall that has affected 4.2 million vehicles worldwide.

The company said in a statement that it has begun shipping parts and is training dealers on the repairs. Some dealers will stay open around the clock to fix the 2.3 million cars and trucks affected by the recall in the U.S.

Technical bulletins on how to install the new parts should arrive at dealers by midweek, the company



Toyota executive Jim Lentz said the automaker has let down its customers.

told dealers in an e-mail. It was not clear exactly when repairs would start, although dealers have said they'll begin as soon as possible.

The automaker also said Monday it would suspend production of eight U.S. models affected by the recall this week, with factories restarting on Feb. 8.

Toyota suspended sales of the models last week, but spokesman Mike Michels said dealers can begin selling the cars as soon as they are fixed. However, cars already on the road will be the dealers' first priority, he said in an e-mail.

Jim Lentz, president and chief operating officer of Toyota Motor Sales, said in the statement that nothing is more important than customer safety.

Lentz said he wanted to "sincerely apologize to Toyota owners. I know that our recalls have caused many of you concern, and for that I am truly sorry."

"Toyota has always prided itself on building high-quality, durable cars that customers can depend on, and I know that we've let you down," Lentz said. (AP)

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# **Nation**

# **Imam Was Shot 20 Times in Raid**

FBI: Muslim prayer leader pulled a gun during fatal standoff

#### **Detroit**

A Muslim prayer leader accused of encouraging his followers to commit violence against the U.S. government was shot 20 times during an FBI raid at a suburban warehouse last fall, according to an autopsy report released Monday.

The autopsy was completed a month after Luqman Ameen Abdullah's death, but Dearborn police were granted a delay in releasing the results while they investigate the Oct. 28 shooting, said Dr. Carl



Jamil Carswell, the son of Imam Luqman Ameen Abdullah, talks to the press.

Schmidt, Wayne County's chief medical examiner.

Abdullah, 53, died instantly, he said. The FBI said agents were try-

ing to arrest Abdullah at a Dearborn warehouse when he resisted and fired a gun.

Schmidt said Abdullah's body was handcuffed and on the floor of a semitrailer when his investigator arrived at the shooting scene.

"You cannot tell by the gunshot wounds whether he was lying down, standing up, sitting" when he was shot, Schmidt said. "It is impossible to say which one was the fatal gunshot wound. It was a combination of gunshot wounds."

FBI spokeswoman Sandra Berchtold said anyone subject to an arrest warrant is handcuffed "no matter what the circumstances" for the safety of agents and the public. ED WHITE (AP)

(reference 09-I-0159)

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# World

# In Brief



U.S. Ambassador to Iraq Christopher Hill on Monday discusses Iraq's election.

#### BAGHDAD

# U.S. Envoy: Iraqis Must Accept March Vote Result

The U.S. ambassador to Iraq outlined twin challenges Monday to the unsteady democracy's elections next month: assuring that voters and rival factions accept the result, and then making sure the losers step aside quietly. Christopher Hill said the March 7 parliamentary balloting will likely shape Iraq's path long after the U.S. military pullout. (AP)

#### MOSCOW

# **Paper's Web Site Hacked**

The Web site of Russia's highest-profile independent newspaper has been paralyzed for a week by an attack from hackers, its deputy editor said Monday. Novaya Gazeta's Andrei Lipsky said Monday was the seventh day of a denial-of-service attack from an unknown source. (AP)

#### ATHENS, GREECE

# **Somali Pirates Free Ship**

Somali pirates Monday freed a Greekowned cargo ship and its 22-member crew held since November after receiving a ransom payment, officials in Greece said. A coast guard statement said the Filitsa was heading for Mombasa, Kenya. (AP)

# BELFAST, NORTHERN IRELAND

# Major Party Withholds Support for New Pact

Northern Ireland's major Protestant party unexpectedly withheld support Monday for a painstakingly negotiated deal with its Catholic partners to save their 2½-year-old administration. The surprise setback upset plans by the British and Irish prime ministers to travel to Northern Ireland to unveil what would have been a breakthrough in their efforts to sustain power-sharing. (AP)

# Female Bomber Kills 54 in Iraq

Suicide attacker sets off blast among Shiite pilgrims in Baghdad

## **Baghdad**

A female suicide bomber detonated her explosives inside a way station for Shiite pilgrims Monday, killing 54 people and rattling security officials who are struggling against a possible rise in violence before key elections next month.

The attack was the third major strike by suspected Sunni insurgents in a week and left Baghdad's top security official acknowledging that extremists are adopting new methods to outwit bomb-detection squads such as stashing explosives deep inside the engines and frames of vehicles.

A similar warning about new tactics came last week from the chief U.S. military commander in Iraq, Gen. Raymond Odierno, after a two-day wave of suicide car bombers struck three hotels in Baghdad and the city's main crime lab, killing at least 63 people.

U.S. and Iraqi officials are deeply concerned that insurgents such as al-Qaeda in Iraq could step up



Mohammed Haider, 2, is held by his mother at a hospital after he was hurt in a suicide bombing in Baghdad, Iraq, on Monday.

violence before March 7 parliamentary elections, which are seen as a critical step in reconciliation between the majority Shiites and the Sunnis who lost control with the toppling of Saddam Hussein.

Hundreds of thousands of Shiite pilgrims are walking this week toward Karbala before the culmination of religious events Friday — marking the end of 40 days of

mourning following the anniversary of the death of Imam Hussein, a revered Shiite figure.

The bomber on Monday hid the explosives beneath an abaya — a woman's black cloak worn from head to toe — as she joined a group of pilgrims on the outskirts of Baghdad's Shiite-dominated neighborhood of Shaab, said Maj. Gen. Qassim al-Moussawi, Baghdad's top military spokesman.

The bomber set off the blast — described as a huge fireball — as she lined up with other women to be searched by female security guards at a checkpoint.

People were "on the ground, covered in blood and crying for help. Banners were all over the ground and covered in blood," said witness Raheem Kadhom. BRIAN MURPHY (AP)

# Israel Reprimands Officers for Attack on Compound in Gaza War

#### **Jerusalem**

The Israeli military said Monday it has reprimanded two high-ranking officers for approving the firing of artillery shells toward a U.N. compound during the Gaza Strip war last year — the first admission of any high-level wrongdoing during the offensive.

Israel announced the punishment in a document submitted to the United Nations last Friday in

response to a U.N. report that has accused Israel's military of committing war crimes, including the use of white phosphorus, an incendiary munition, in the warehouse attack.

Israel is trying to stave off the report's central threat of launching war crimes proceedings if it does not carry out an independent investigation into the military's conduct during the fighting.

There was no immediate com-



house in Gaza City on Jan. 20, 2009.

ment from U.N. officials, and it remained unclear whether the relatively minor punishments would mollify international concerns that the military is not capable of investigating itself.

The artillery attack, which took place while more than 700 Palestinian civilians were taking refuge in the compound, set ablaze a warehouse that services more than 1 million Gazans, destroying thousands of pounds of food and other aid. (AP)



DISCOVERIES

A team of Polish scientists said Monday they have discovered three Neanderthal teeth in a cave, a find that may shed light on how similar to modern humans our ancestors were. The teeth are the first bodins found in Poland, said Mikolai Urbanowski, an archaeologist with Szczecin University and the project's lead

ly Neanderthal remains found in Poland, said Mikolaj Urbanowski, an archaeologist with Szczecin University and the project's lead researcher. Also unearthed were flint tools and the bones of a woolly mammoth and a woolly rhinoceros. (AP)

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# World

# Pakistani Taliban: **Leader Is Still Alive**

Militants promise to disprove reports that Mehsud is dead

Dera Ismail Khan. **Pakistan** 

Taliban militants in Pakistan promised on Monday to soon prove their leader is still alive, dismissing as government propaganda reports he may have died from injuries sustained in a U.S. missile attack close to Afghanistan.

Pakistani fighter jets and helicopters attacked targets elsewhere in the northwestern border region, part of battles that killed 22 insurgents and three soldiers, said government official Abdul Malik. The renewed fighting in the Bajur

region in recent days shows the tenacity of militants in an area that the army said last year it had cleared of insurgents.

State television reported Sunday that Pakistan Taliban chief Hakimullah Mehsud had died of injuries sustained in a drone strike earlier this month in the lawless frontier zone. The report was apparently based on witnesses who said they attended his funeral last week.

Mehsud's death would be a major victory against an al-Qaeda ally already under pressure from U.S. and Pakistani attacks, but it would be unlikely to deal a killer blow to the organization. There are at least two commanders believed waiting in the wings to replace him. (AP)

# **Haitians Try to Regain Normalcy**



A MAN WASHES on the street in Port-au-Prince on Monday. While many quake survivors remained homeless, life took a step toward normalcy as some schools reopened for the first time since the earthquake struck last month.

# 17 Hurt in Rally **Vs. Government In Indian Region**

Srinagar, India

Rock-throwing protesters clashed with government forces in Indiancontrolled Kashmir on Monday, a day after a police-fired tear gas shell struck and killed a boy.

At least 17 protesters and eight troops were injured in Monday's clashes, said a police officer on condition of anonymity.

Police and paramilitary soldiers again used tear gas to quell Monday's protests, which took place in several places in Srinagar, Indian Kashmir's main city, said Hemant Lohia, a top police officer.

On Sunday, 14-year-old Wamiq Farooq was hit in the head by a tear gas shell police fired just after a protest against Indian rule ended, said a neighbor of the boy's. (AP)

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# Local

# Will the Band Play On in Fairfax?

Parents, kids push to keep school music program amid cuts

Fairfax, Va.

Toting empty violin and trombone cases, Fairfax County students appeared at three days of school board hearings last week to protest potential cuts to the instrumental music program in the worst economic downturn since the Great Depression.

Along with their parents and teachers, and a former music director for the U.S. Air Force Band, they testified that cuts would be detrimental for academic, economic and personal reasons.

"If these programs go," a sixthgrade girl at Bonnie Brae Elementary school said, "we can't play the music coming from our hearts."



Katie Harris, 18, holds an empty clarinet case outside a Fairfax County school board meeting Jan. 27 in a demonstration against music program budget cuts.

Music education advocates are among the most organized in Fairfax. As unprecedented school spending cutbacks are proposed across the region, parents are once again taking on a vital role that for many is well rehearsed. They have turned out to lobby cash-strapped state and county elected officials for school funding to protect the high-quality, well-rounded education they expect. "We are the people who champion music," said Margaret J. Flynn, the mother of two children in the band at Lake Braddock Secondary School. "We will soldier on. But we need you to lead the charge," she told superintendent Jack D. Dale and the Fairfax School Board.

Dale said the programs are chosen not for political reasons but because state laws and school board priorities protect core academic subjects, making arts, sports and foreign language programs more vulnerable in an economic downturn.

The elimination of the elementary instrumental music classes would affect about 25,000 students and would devastate their nationally recognized band and orchestra programs, advocates say. It would save \$7 million and cut 117 positions. MICHAEL ALISON CHANDLER (THE WASHINGTON POST)

# Gray: Fenty Overspent By \$200M

Washington

D.C. Council Chairman Vincent C. Gray on Monday accused Mayor Adrian M. Fenty's administration of overspending by \$200 million, risking the city's ability to balance its budget.

Last week, Chief Financial Officer Natwar Gandhi briefed council members on what Gray called the "very alarming fiscal condition of the city."

Gandhi's report shows the city has between \$203 million and \$223 million in "spending pressures" in the fiscal year 2010 budget.

But Gray, a potential challenger to Fenty in this year's Democratic primary for mayor, alleges the administration could have done a better job of controlling expenses.

"The management end of this clearly falls on the executive," Gray said. TIM CRAIG (THE WASHINGTON POST)



JUST A TEST

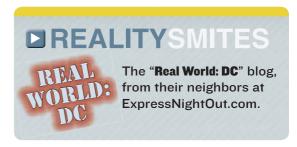
The Metro Transit Police Department announced Monday it will conduct a major anti-terrorism show of force during the morning rush hour at one of Metro's busiest stations. About 50 offi-

cers from various units — including anti-terrorism, special response, K-9 explosives detection, bomb technicians, emergency management, auto theft, crime prevention and police communications — will participate in the effort. (EXPRESS)





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Pat Brown caresses her pet pig, Gwendolyn, in 2009. The pig died Saturday, Brown said.

# **Potbellied Pig at Center Of Zoning Dispute Dies**

# Berwyn Heights, Md.

Gwendolyn, the pet potbellied pig who spawned an online movement of thousands after Prince George's County officials deemed the animal a zoning violation late last year, has died, her owner said.

Pat Brown of Berwyn Heights said Gwendolyn, who was about 20 years old, lived with Brown nearly all her life. Brown, a nationally known criminal profiler, received a zoning violation notice last year from the county citing an ordinance that prohibits keeping "any animal that is not customarily a household pet" in her residential zone.

Brown was told to move the pig, but she appealed the violation and was awaiting a hearing on the matter. She started a Facebook page dedicated to Gwendolyn that eventually garnered the support of more than 3,000 fans.

On Saturday, she posted a notice

on the page saying Gwendolyn had died.

"I could tell she was in some sort of discomfort," Brown wrote. Brown said Gwendolyn died of old age. Experts say most potbellied pigs don't live past 15.

Thomas F. Matzen, deputy director of the county's Department of Environmental Resources, which sent the violation notice, said last year that the county had reviewed this issue before and that pigs do not qualify as animals that are "customarily" household pets.

But Brown says the wording in the zoning law is too vague, and she now plans to advocate for a change to the rule that threatened to evict Gwendolyn.

"I am still pretty upset about it all," Brown said Monday. "I would like to see a revision to the law. I want that law clearly stated one way or another." JONATHAN MUMMOLO (THE WASHINGTON POST)

#### The Lotteries

# Monday, Feb. 1

#### District

Mid-day Lucky Numbers	3-4-7
Evening Lucky Numbers (Sun.)	4-2-5
Mid-day DC 4	6-9-0-3
Evening DC 4 (Sun.)	9-4-7-6
Mid-day D.C. Five	5-6-3-5-8
Evening D.C. Five (Sun.)	5-2-1-4-5
Daily 6 (Sun.) 1-7-	9-11-26-34 (12)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

# Maryland

Mid-day Pick 3	1-7-0
Evening Pick 3 (Sun.)	9-3-1
Mid-day Pick 4	1-4-6-8
Evening Pick 4 (Sun.)	7-4-9-7
Match 5 (Sun.)	25-27-31-35-37 (32)

# Virginia

Mid-day Pick 3	7-5-3
Evening Pick 3 (Sun.)	3-2-
Mid-day Pick 4	2-5-2-9
Evening Pick 4 (Sun.)	3-1-5-
Mid-day Cash 5 (Sun.)	5-13-24-26-2
Evening Cash 5 (Sun )	9-21-27-29-3

# Was 'Rescue' Wrong?

PM wants 10 U.S. Baptists to stand trial for trying to take kids out of Haiti

#### Port-au-Prince, Haiti

Haiti's prime minister said Monday it's clear to him that the 10 U.S. Baptists who tried to take 33 children out of his quake-ravaged country without permission "knew what they were doing was wrong."

But Prime Minister Max Bellerive also told The Associated Press his country is open to having the Americans go before courts in the United States because his own nation's judicial system was devastated by the Jan. 12 earthquake.

The aborted Baptist "rescue mission" has become a distraction for a crippled government trying to provide basic life support to millions of earthquake survivors.

But the prime minister said some legal system needs to determine whether the Americans were acting in good faith — as they claim — or are child traffickers in a nation that has struggled to fight exploitation of children.

"It is clear now that they were trying to cross the border without papers. It is clear now that some of the children have live parents," Bellerive said.

Members of the church group, mostly from Idaho, have insisted they were only trying to rescue child victims of the quake. Since their arrest Friday near the border, the church group has been held inside two small concrete rooms in the same judicial police headquarters building where ministers give disaster response briefings. They have not yet been charged.

One of their lawyers said they



Members of a Baptist church group are seen at an airport in Port-au-Prince, Haiti, Saturday after being detained by authorities.



A girl carries an infant who was among the 33 children a Baptist group tried to take out of Haiti. A spokesman for the group said they were trying to do the right thing.

were being treated poorly: "There is no air conditioning, no electricity. It is very disturbing," attorney Jorge Puello told The AP by phone from the Dominican Republic, where the Baptists hoped to shelter the children in a rented beach hotel.

Investigators have been trying to determine how the Americans got the children and whether any of the traffickers that have plagued the impoverished country were involved.

Their detained spokeswoman, Laura Silsby, conceded that she had not obtained the proper Haitian documents but told The AP from detention that the group was "just trying to do the right thing."

# Adoption

# **No Easy Answer**

The debate over international adoption, already a bitter one, has intensified in the aftermath of Haiti's earthquake and the arrest of 10 Americans for trying to take children out of the devastated country. Some groups are urging a long moratorium on new adoptions from Haiti, saying there is too much chaos and too high a risk of mistakes or child trafficking. Other groups fear any long-term clampdown will consign countless children to lives in institutions or on the street, rather than in the loving homes of adoptive parents. (AP)

The 33 kids, ranging in age from 2 months to 12 years and with their names written in tape on their shirts, were being sheltered in a temporary children's home.

"One [9-year-old] girl was crying, and saying, 'I am not an orphan. I still have my parents.' And she thought she was going on a summer camp or a boarding school or something like that," said George Willeit, a spokesman for the SOS Children's Village.

Haiti's overwhelmed government has halted all adoptions unless they were in motion before the earthquake amid fears that children are more vulnerable than ever to being seized and sold. Bellerive's authorization is now required for the departure of any child. FRANK BAJAK AND MICHELLE FAUL (AP)

"MY PARENTS DIED IN THE EARTHQUAKE. MY HUSBAND HAS GONE. GIVING UP ONE OF MY KIDS WOULD AT LEAST GIVE THEM A CHANCE. MY ONLY FEAR IS THAT THEY WOULD FORGET ME, BUT THAT WOULDN'T AFFECT MY DECISION."

# **Sports**

# **Caps' Defense Defies Naysayers**







# The Capitals

Even with the Capitals on the verge of a franchise-record 11-consecutive victories — a mark they would reach with a win in Tuesday's game against the Boston Bruins — there's been a familiar refrain among national hockey analysts that while Washington's league-leading offense looks nearly unstoppable, it needs to acquire a veteran blueliner at next month's trading deadline to make a Stanley Cup run.

So, it was more the exception than the rule when NBC's Pierre McGuire called Capitals defensemen Mike Green and Jeff Schultz "the most underrated pairing in the NHL" during Sunday's nationally televised game between the Penguins and Red Wings.

But it seems the common perception of "all offense, no defense" might need some revision with the Capitals now ranked among the league's top third in goals-against

"I think they really need to do their research," said Green of the naysayers. "If you just watch the way we play, we're so aggressive offensively that maybe that's why it seems like we're not good defensively."

Giving up just 2.1 goals per game

JOURNALISM



Capitals defenseman John Erskine, left, and goalie Jose Theodore, right, stop the Lightning's Steve Downie on Sunday.

during this current 10-game winning streak — and 1.5 in their last five victories — the Capitals now rank 11th in the NHL in goalsagainst average, a marked improvement over their No. 19 ranking in that category last season. In addition, five Capitals defensemen (Green, Jeff Schultz, Tom Poti, Brian Pothier and John Erskine) rank in the top 20 among blueliners in plus/minus this year, more than any other NHL team.

General Manager George McPhee hasn't indicated whether he will add another veteran defenseman, but in recent weeks, the Capitals' blue line has grown less prone to unforced lapses and proven much more effective at clearing their own zone. Likewise, the team's corps of forwards has also seen significant improvement as it's "really bought into" its defensive responsibilities, according to Green, who will serve the second game of a three-game suspension

"It doesn't go away overnight," said Green of the notion that the Capitals struggle defensively. "Now we're three-quarters of the way through the season and it's starting to go away, but we're now starting to play like we can." MARK GIANNOTTO

# **Swengali**

# **D.C.'s Dream Lives** With the Capitals

Thank goodness for the Washington Capitals.

The District's hockey team couldn't have picked a better year to tantalize fans with hopes of the Stanley Cup.

After suffering through the Nationals' second-straight 100-loss



season, a Redskins season made memorable only by the constant rumors of Jim Zorn's demise, D.C. United's fade into irrelevance and the Wizards' embarrassing

self-destruction, Washingtonians deserve a winner to cheer for.

And what a winner we have. Expectations were high for Alex Ovechkin and company going into this season. The playoffs were practically

# The downside. if you can call it that, is that the pressure is now really on the Caps to perform in the postseason.

a given. But this 10-game winning streak has managed to surpass any-

that, is that the pressure is now really season. Losing a rout to the Penguins in Game 7 of a second-round series last year was disappointing, but not unexpected. Now, though, the Caps look like the best team in the NHL and are going to have to prove it when it matters most.

Will the Caps win the Cup? Who



# thing fans and the organization could have hoped for. The downside, if you can call it on the team to perform in the post-

The good news is that Washington appears to be up to the challenge.

knows? At least for now, it's good enough that this suffering sports town has a legitimate dream of a title.

# Rain Forces Super Bowl Media Day Under Cover



Chad Ochocinco and other NFL players, including the Redskins' Chris Cooley, will be reporting dur-

ing Super Bowl week. It's the first such venture since the Bengals receiver formed his "Ochocinco News Network" with Motorola. (AP) **Pro Football** 

Steady rain forced the NFL to take the unusual step of moving its annual Super Bowl media day on Tuesday from the field at Sun Life Stadium to the indoor con-

All players and coaches from the New Orleans Saints and Indianapolis Colts will still be available for interviews on the club



A pilot waves the Saints flag after landing the team's flight to Miami Monday.

The rain began Sunday and continued through most of Monday. Besides moving the media day festivities inside at the stadium, the wet weather has affected plans to

level, according to NFL spokes-

man Michael Signora.

convert the field itself from the Pro Bowl to Sunday's Super Bowl. Signora said the league thinks

this could be the first time media day was forced inside. (AP)

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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# **Sports**

# **Landesberg Zones In**

Virginia sophomore rises to the occasion in victory over UNC

# **Cavs Hoops**

Before Sunday's win over North Carolina, Sylven Landesberg's teammates joked with him that Smith Center is almost like college basketball's Madison Square Garden. Those words carry weight to the native New Yorker.

"You got to come and show up here," Landesberg said. "I definitely took that to mind and tried to show off a little bit."

The proof: Landesberg scored a season-high 29 points in leading the Cavs to a 75-60 blowout win.

Landesberg is friends with a handful of players on North Carolina's roster, including Ed Davis,



Virginia guard Sylven Landesberg is hugged after scoring 29 points on Sunday.

Larry Drew II and Dexter Strickland. He struggled in two games against the Tar Heels last season, which made Sunday that much more gratifying. "As soon as the ball jumped, I knew I was in the zone," Landesberg said.

The star sophomore thinks the win is evidence that the Cavaliers can beat anybody. "To beat North Carolina, it feels so good," Landesberg said. "It was on the road, too, and that adds a lot to it." ZACH BER-MAN (THE WASHINGTON POST)

The number of consecutive weeks that Connecticut's women's basketball team has been atop The AP's poll. By ranking No. 1 this week, UConn surpassed Louisiana Tech's record of 36-straight weeks atop the rankings, set between 1980 and 1982. (AP)

# **TV Lineup**

CAPITALS (7 P.M., CSN) The Caps look to make it 11 in a row when taking on the Boston Bruins

MEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN)

No. 4 Kentucky hosts SEC rival Mississippi, and Miami aims to upset Wake Forest, followed by No. 16 Wisconsin's trying to protect its home court against No. 5 Michigan State. NHL (8 P.M., VERSUS) The Minnesota Wild faces off with the Dallas Stars. PREP HOOPS (11 P.M., ESPN2) Kentwood (Wash.) tips off against Jefferson (Ore.), ranked No. 32 by Rivals. com, in Covington, Wash.

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For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. Over the weeks, challengers will rack up points for losing unwanted weight and winning fitness challenges. The challenger with the most points at the end of 12 weeks wins!

Our challengers are working out with Gold's Gym Personal Trainers, who help them maximize their results using the Gold's Gym Five Components of Fitness.

This week we are focusing on the fourth component, which is Resistance Training. Resistance Training strengthens the body, and builds bone and muscle mass. More muscle means the body burns calories and fat even after the workout.



Let's see how the contestants are utilizing resistance training to benefit their workouts.

#### **KEEPING THE ENGINE RUNNING**

Jason works out at Gold's Gym Ballston. Phil, his personal trainer, has Jason performing exercises without equipment to get him

used to the movements and to expand his

range of motion. They're also using some of the new functional training equipment at Ballston, such as kettlebells and medicine balls to improve Jason's metabolic conditioning. Jason's seeing the difference: pushups are easier and his end-of-the-day backaches have disappeared. RESISTANCE TIP: THE MORE MUSCLES USED IN THE EXERCISE. THE BIGGER THE INCREASE IN METABOLISM DURING AND AFTER WORKOUTS.

## **POWER POTPOURRI**

Katie is working out with Elissa at Gold's Gym Clarendon. During their workouts, Katie and Elissa are hitting all of her major muscle groups using cables, resistance machines and free weights. Different resistance exercises

are vital to improving balance, core strength

and conditioning throughout the body and Katie agrees. She's increased her endurance and says she has more energy than ever! TRAINER'S RESISTANCE TIP: RESISTANCE TRAINING RESHAPES BODY **COMPOSITION AND INCREASES MUSCLE GROWTH, RESULTING IN MORE** CALORIES BURNED EVEN WHEN YOU'RE NOT EXERCISING.

Another way to do resistance training is through BODYPUMP, one of the Gold's Gym Group Exercise (GGX) classes that uses low weight and high reps to tone and strengthen the body.

Next week we will take a look at how our challengers integrate group exercise classes into their fitness program.

Membership information at: www.goldsgym.com

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CHALLENGERS	LAST WEEK'S WEIGHT	THIS WEEK'S WEIGHT	WEIGHT LOSS OR GAIN FOR THE WEEK	% OF WEIGHT LOSS OR GAIN	TOTAL POINTS
JESSICA	192.2	184.0	-8.0	-4.2%	15
BRUCE	302.0	293.4	-8.6	-2.8%	13
KATIE	236.4	232.2	-4.2	-1.7%	9
TIM	267.0	263.0	-4.0	-1.5%	9
TABATHA	204.4	199.8	-4.6	-2.2%	8
JASON	278.8	276.0	-2.8	-1.0%	7

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# **Sports**

# **In Brief**



New Orleans Hornets All-Star guard Chris Paul may require knee surgery.

## PRO BASKETBALL

# **Paul Out Indefinitely**

New Orleans Hornets All-Star point guard Chris Paul is out indefinitely with a left knee injury that will likely require surgery. An MRI revealed more damage to the knee than the initial diagnosis of a bruise, Hornets coach Jeff Bower said on Monday. The coach refused, however, to confirm reports that Paul had a meniscus tear and would miss at least a month. (AP)

# **MEN'S COLLEGE HOOPS**

## **Jayhawks Top AP Poll**

After three weeks of not being No. 1, the Kansas Jayhawks (20-1) moved back to the top of The Associated Press' college basketball poll. The other three Division I teams with just one loss — Villanova, Syracuse and Kentucky - were second through fourth. Georgetown was seventh after beating Duke on Saturday. (AP)

# PRO BASEBALL

#### Mora Lands in Colorado

Melvin Mora has agreed to a \$1.3 million, one-year contract with the Colorado Rockies, according to his agent. Eric Goldschmidt said Mora's primary goal as a 38-year-old free agent was to sign with a playoff contender after spending the last nine seasons with the Baltimore Orioles. (AP)

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#### AD BONE MARROW 03/

# **Sports**

# **United Frees Up Cash**

D.C. says former MVP Gomez won't be back this season

# **Major League Soccer**

D.C. United's first day of preseason practice, made possible Monday by several hours of shoveling at the turf field adjacent to RFK Stadium, answered the last two lingering questions regarding the overhaul of the veteran-laden roster — captain Jaime Moreno was in uniform; playmaker Christian Gomez was absent.

Moreno, 36, is MLS' all-time leading goal scorer and will be back for his 15th season. United announced a new contract Monday. General Manager Dave Kasper said Moreno "makes us a better team, and he makes plays that can change a game." He tallied nine goals last year.

Gomez, however, won't be back. The 2006 league MVP was lackluster in his return to D.C. last season and commanded the team's third-highest salary. "Christian is not



D.C. has parted ways with Fred, left, Luciano Emilio, center, and Christian Gomez.

in our plans. He's a free agent," Kasper said. "I think he probably would have liked to play another year here. But at this point in time, we're going to focus on the guys we have here in camp."

But a new signing or two could be on the way. Gomez, Luciano Emilio (back to Brazil), Fred (traded to Philadelphia) and Ben Olsen (now an assistant coach) are all off the books and together equaled close to half of D.C.'s salary cap space. Returning goalie Troy Perkins and new Salvadoran midfielder Christian Castillo will take up some, but there is plenty left over.

"We have salary cap availability. We are still in the process of scouting," Kasper said.

D.C. is scheduled to open its season March 27 in Kansas City. The team will play a preseason tournament in Charleston, S.C., March 13-20. BRIAN STRAUS

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1, 2, & 3 BR Apts Huge 2 BR Townhomes

# Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

**GATED COMMUNITY** Furnished Apartments\*\*

- Fitness Center on Property
- Beautiful Kitchens-**Granite Countertops\*\***
- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp \*\*Select Units

Riverdale Village

800-767-2189 5409 Riverdale Road • Riverdale, MD 20781

- Private Balconies/Patios · Free 6 week summer camp
- · Cathedral ceiling \*select units

• FREE UTILITIES

Walk to Metro

Walk to Elementary

Daycare on Premises

· Free 6 week summer camp

• Security Deposit payment

plan (call for details)

• 1, 2, & 3 BR AVAILABLE HUGE 2 BR TOWNHOMES

· Roomy, Modern Apts

Kings Square **Apartments** 

877-898-6958

3402 Dodge Park Road . Landover, MD 20785

Fleetwood Village Apts

- . FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten &
- West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp

Convenient to shops, schools and I-495

721 Chillum Road • Hyattsville, MD 20783 Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4 **CALL FOR FANTASTIC SPECIALS!** 

For Our









SE- 1-2Bedroom on Green Line. Quiet, carpet, secure. Voucher approved- Utilities included. February Special 703-912-4885 leave msg

SE-218 Orange St. SE1 bedroom, wall to wall Carpet, on Bus line \$575/month + utilities Please call 202-415-2301

**Alexander Gardens** 1615 17th St., SE Washington, DC 20020 202-684-9409

\$0 Application Fee 1/2 Off 1st Month's Rent!!!

1BR: \$675

- Refinished hardwood floors
- Wood grain cabinets
- Individual controlled heat-a/c
- Resident controlled access

William C. Smith & Co./EHO www.wcsmith.com

#### Crescent Park Village #2 Elmira St., SE

1-888-807-6760

Open House 1/14/09 10am-7pm

1-BR Starting @ \$755

#### FREE BASIC CABLE

- Largest floor plans in the area
  Central heat & A/C
  All new kitchens and baths

- Controlled access On-site laundry facilities
- · Metrobus at your door
- Near shopping, hospital and schools

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First of the Year Specials!

**Hurry In! Garden Style Apts!** 

Free Gas and Hot Water Close to Metro, schools & and shopping!

# **CALL FOR 2 BEDROOM SPECIALS!**

- Great location in a park-like setting Laundry facility on property Intercom access to every bldg.
- - Banneker Place Apts.



SE - Southern Ridge Apts. 1BR & 1BR + den avail Min/max income requirement set. Min/max income requirement set. \$150 off first month rent with Feb 28 move in. Must bring ad. Please call **202-562-3200**, Mon-Fri 9-5 for more details & to set up appt, Open Sat 9-12 by appt only.

The Colonnade 4501 South Capitol St., SW 1-888-865-0763

1BR Special Starting at \$725

The Heat and Utilities are on us!!!

- \*Controlled entry \*Near shopping, hospital & schools \*On Metro Bus Route \*Walk-in closets \*Laundry facilities on-site

- \*24HR Emergency maintenance \*Adjacent to 295, 395 & the Capital Beltway

William C. Smith + Co./EHO www.wcsmith.com



#### PARK NAYLOR 1 BR starting from \$895 - \$995

- 2 BRs from \$1019 \$1119 2 BR DUPLEX \$1090-\$1190
- · Central A/C & Heating
- Renovated Apartments
   Patios/Balconies
- Free Heat & Gas
   Community Center
   Controlled Building Access
  - 888-703-6882

2562 Naylor Road, SE • Washington, DC 20020

# ----Valentine Special No Application Fee\* \$200 off move-in

- Special on 1 Bedrooms ONLY!\* ♥ Completely Renovated
- Large rooms w/wall-to-wall carpet Pools & Playground

# **River Hill Apartments** (202) 562-5060

Near Bolling AFB Professionally managed by CIH Properties, Inc.

\* Must move-in or apply by 2/12

**Halley House** 3730 M. L. King Ave., SE (888) 865-0763

1 BR starting @ \$705 2 BR starting @ \$825

- \*Upgraded Kitchens & Lighting
- \*Spacious Floor Plans
- \*Hardwood Floors
- \*Walk-in Closets
- \*Walk to Metro

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The Heat Is On At **Ridgecrest Village Apartments** 2000 Ridgecrest Ct., SE Washington, DC 20020 (866) 505-8057

2BRS Starting At \$1050

All Utilities Included!!

- Newly Renovated Apartment Homes
- Large floorplans Spacious closets
- Choice of Wall to wall carpet or Hardwood

- Laundry on-site
  Off-street parking
  Free Shuttle Bus to Metro
- Price Shaude Bus to Med 0 Convenient to shops at Park Village & Brand New Library PTHEARC Just Blocks Away

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Washington View 2629 Douglas Rd.,SE 1-877-801-4266

2BR Starting at \$975 Call For Specials!!!

- \*Spacious Floorplans
  \*Individually Controlled Heat & A/C
  \*Balconies & Patios
  \*Controlled Access
- \*Sparkling Swimming Pool \* Fabulous Views of the City

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**Woodberry Village** 2224 Savannah Terrace SE

(866)799-0541

1BRS From \$685

#### **FREE HEAT**

- AC wall units
- Hardwood Floors & Wall-to-Wall carpet
- Close to THEARCH
- Beautifully landscaped community
   Convenient to shopping
- Free Metro shuttle
- · On-site laundry facilities

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**Worthington Woods** 4421 3rd St., SE 1-888-790-1840

> **Open House 1/20/10 9AM-7PM**

# FREE HEAT!!!! **Totally Renovated Property**

1BR Special Starting @ \$655 2BR Special Starting@\$755

Spacious Floor Plans Hardwood Floors Walk In Closets Walk to Metro

William C. Smith + CO./EHO www.wcsmith.com

Shipley Park Apartments 2532 Southern Ave., SE Washington, DC 20020 1-888-286-7195

Open House Thursday Feb 4th 10:00am-7:00pm

**Valentines Day Special** \$350 off first month's rent if moved in by February 15th

2BRs Starting at \$875

Zero Application Fee! Bring Your \$100 Holding Fee to Reserve Your New Apartment Home!!

- Newly Renovated Apartment Homes
- Hardwood Floors
  Oaks Kitchen Cabinets with Breakfast Bar Microwave, Dishwasher, Garbage Disposal
- Laundry Facilities
  FREE Shuttle Bus Near THEARC

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# GREAT **SAVINGS!** 1 brs from \$917

2 brs from \$1104

New Clubhouse, fitness & business center

New Appliances New Cabinets

> Woodvale (866) 522-5427

# Welcome Home to The Villages of Parklands! 15th Month's Rent

Customer Service...Shopping...Convenience...Recreation...



# 1 BRs from \$710

GARDEN VILLAGE APTS. MANOR VILLAGE 1720 TRENTON PL., SE

1-888-286-2476

1717 Alabama Ave., SE 1-888-275-2914

• FREE Gift Card • FREE Accent Wall • FREE Splash Park • FREE Metro Shuttle • FREE Off-Street Parking • Next to Super Giant & IHOP • Minutes from THEARC



Daily 8-5; Wed 8-7; Sat 9-4 www.villagesofparklands.com

William C. Smith & Co.

**Welcome Home** 

**COLLEGE PARK, MD** Seven Springs Village Text SSVAPTS to 29999 for more info

888-425-8068

9310 Cherry Hill Road, College Park, MD 20740 SevenSpringsVillage.com

**Summerlyn Place** 

888-804-3324 BRs from

14706 Normandy Court Laurel, MD 20708

SummerlynPlaceApts.com

**Cypress Creek** 

CypressCreekApts.com

**Regency Pointe** 

RegencyPointeApts.com

866-906-4875 BRs from

**Sutton Walk** 888-687-7582

5306 85th Ave. New Carrollton, MD 20784 SuttonWalk.com

Hyattsville, MD 20782

3253 Walters Lane

Forestville, MD 20747



# Text SUMMER to 29999 for more info · Each apt. w/washer

LAUREL. MD

Pool & Fitness Center

Designer Kitchens

Studios - All Utilities Included

Onsite UMD &

Metro Shuttles

Ask About Free Rent

**NEW CARROLLTON, MD** Text SWALK to 29999 for more info

- Up to 3 Mos. Free Rent Beside New Carrollton Metro and MARC Train
- Washer/Dryers
- Near DC and Major roads

HYATTSVILLE, MD

Text CCREEK to

29999 for more info

· Each apt. w/washer & dryer 888-217-1901 BRs from 5603 Cypress Creek Drive \$740 Eye-Opening

Renovations Spacious and open floor plans

FORESTVILLE, MD

Text REGPT to 29999 for more info Huge apartments

 Walk to shopping and dining Near 495

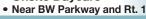
# **Westgate of Laurel**

877-271-5617 1BRs from \$920 8114 Gorman Ave. Suite 241 Laurel, MD 20707

LAUREL, MD

 Washer/Dryer in every apt home • Huge walk-in closets

Onsite Daycare





# REALTY APTS. COM

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**GREENWOOD MANOR APTS** 

# **DELWIN APARTMENTS** 888.429.6556

- HUGE 1, 2 & 3 Bedrooms Available
- Starting From \$725
- Water, gas and sewage included!
- **Private Parking near Metro** Close to 295, 495 & The National Harbon



- 1 & 2 Bedrooms Available • Starting From \$700
- Private Parking Lot
- Spacious Floorplans with Hardwood Floors
- 5 Minutes to the Green Line Metro



# **SPECIAL ON** Spacious

**Efficiencies, 1 bedroom** and 2 bedroom Apartments

> 3, 4, 5 Bedrooms Also Available

**Wingate Tower and Garden Apartments** 4660 MLK Jr. Ave, SW Washington, DC 20032

877-737-0549

**Monday-Friday** 8:30am - 5:00pm

Saturday 9:00am-4:00pm

**Sunday Closed** 





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SILVER SPR/Forest Glen Metro

# CONVENIENCE -PLUS!

Ask About Our

**\$499** 

Move In Special

1 BEDROOM GARDEN APTS **UTILITIES INCLUDED** 

**Forest Glen Apartments** 

CALL TODAY! 301-593-0485

WINDSOR COURT **AND TOWER APARTMENTS** Open House Feb. 6,10-5pm

# 1/2 Month Free Rent

for Four Months\* \$0 Application Fee /\$0 Holding Fee

Stop in or call today 13802 Castle Blvd. #103 Silver Spring, MD 20904

Text WINDSOR to 29999 for more info 888-255-6159

\*New move-ins only WITH THIS AD

# **FREE AND EASY!**

Looking is Free. Renting is Easy 1BRS from \$885 2BRS from \$1035

- Washer and dryer in every apartment
   Sunny eat-in kitchen
   24-hour fitness center

- Relaxing swimming pool
   Convenient to public transportation

# **ASHFORD** at WOODLAKE

14175 Castle Blvd., Silver Spring, Md. 20904 (877) 678-8539

# **OPEN HOUSE** February 6 and 7

NO APPLICATION FEE **Only \$99 Security Deposit** 

Lease on either day and get a \$200 GIFT CARD

Waterford Tower Apartments Stylish apartments in Silver Spring
Brand New Amenities - Stop by Today!

> 14000 Castle Blvd Silver Spring, MD 20904 888-892-1121

waterfordtowerapts.com

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R1BR /EFF Starting at \$65 2BRs Starting From \$820

\$ 99 Security Deposit!! FREE Application Fee!

Newly Renovated Property with Large Floor

- \*Free After-School Learning Program
- \*Resident Control Access \*Large, Walk-In Closets
- Convenient to Congress Heights Metro Some Units Include Heat

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- W/W carpet Gated Community
- Modern Kitchen w/Breakfast bar Laundry room in every Bldg

# Friendship Crossing Apts.

57 Galveston Street, SW Washington, DC 20032

888-849-8052 EQUAL NO.

Start the New Year Off Right In Your New Home At

# FRIENDSHIP COURT APARTMENTS

One & Two Bedroom Units Available Starting at \$750.00 NO APPLICATION FEE • NO DEPOSIT\* \* New Qualified Applicants Only

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Professionally Managed By CIH Properties, Inc.

First Time Renters Welcome

# TERRACE MANOR APTS 3347 23rd Street, M-F 9-5 & Sat appt of 202-678-0721

One Bedroom starting at \$640 Two Bedroom starting at \$750

Off Street Parking • On Bus Route • Near Green Line Metro W/D in select units • Housing Chaica Vouckers Williams



# THE OVERLOOK **Families and Seniors** · Brand New Unit Interiors . One & Two Bedroom Floor Plans

On-Site Laundry Facilities

(selected floor plans)

• FREE High-Speed Internet Access
• Much, much more!

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SPRING VALLEY APARTMENTS 4000-4016 47th Street NW

1BR+ den and 2BR + den **Garden Style Apartments** 

- Fantastic Neighborhood
- ◆ Close to Metro
- ◆ Steps to American University
- ♦ In home washer/drver
- Antique Hardwood Floors
- ◆ Pet Friendly◆ Plenty of Parking
  - From \$1,700

202-244-3811 WWW.UIPPM.COM



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Lease now and get a free 5 day/4 night Cruise!

**Meadow Green Courts!** 

LARGE 2 & 3 br apts. Available
Convenient to shopping, schools,
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Wall to Wall Carpeting.
5% DISC.TO METRO & DC GOVT EMPLOYEES

877-595-7389 3539 A Street SE

Text MGCOURT to 29999 for more info

Housing Choice Vouchers welcome where rents are within

# FREE CRUISE FOR 2

Lease now and get a free 5 day/4 night Cruise!

# EFFICIENCY, 1 AND 2 BEDROOM APTS AVAILABLE NOW!

W/W carpet, Central Air/Heat, Dishwasher, dry facility, Free Parking A Perfect location on Metro

# **EAGLES CROSSING**

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Concerts, movies, events, restaurants and more.



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**Hillside Terrace** 1812 23rd St.,SE 1BR From \$775

1-866-646-7056

Zero Application Fee! \$300 Off 1st Full Month's Rent!

\*Beautiful Apartment Community \*Renovated Kitchens and Baths \*Ample Closet Space \*Close to Shopping \*On & Off Street Parking Available

> William C. Smith + Co./EHO www.wcsmith.com

**New Horizon** 2619 Naylor Rd., SE 1BR From \$695

1-866-494-0238

**Zero Application Fee!** \$300 Off 1st Full Month's Rent!

Beautiful Apartment Community \*Renovated Kitchens and Baths

\*Ample Closet Space

\*Close to Shopping

\*On & Off Street Parking Available

William C. Smith + Co./EHO www.wcsmith.com

# **FREE RENT TIL MARCH 1**

instant approvals! 1 bedrooms from \$799 2 bedrms from \$899(select units) 3 Bedrooms from \$1249

Washer/dryer in every apartment Remodeled Apartments Oversized closets Suitland & Addison Rd. Metros

# Shadyside Gardens 877-338-2594

2641 Shadyside Ave Suitland, MD 20746

SUITLAND

**WINDHAM CREEK APARTMENTS** 

# 1 Month FREE

Must move in by 2/14/2010 Limited Availability

# **ENJOY THE COMFORTS OF:**

PLUSH CHAMPAIGN COLORED CARPET FULLY EQUIPPED EAT IN KITCHEN **ENORMOUS WALK IN CLOSETS** GATED COMMUNITY LAUNDRY FACILITIES PLAYGROUND

Windham Creek has everything you have been searching for...Call NOW! (301) 568-6400

# **OAK PARK APARTMENTS** 125 Ivanhoe St. SW

Washington DC 20032 202-574-8199

Move in by January 31st and receive a 32 inch LCD HD Flat Screen television.

1 bedrooms starting at \$725 2 bedrooms starting at \$825

\*Section 8 Vouchers Welcome \* Location \* Location \* Location \* Located within minutes to 295, 395 and 495 \* Security Deposits starting at 250. pending credit \* Don't wait move in today!!! Units Ready!!

1/2 **OFF** 1ST MONTH'S RENT!\* PARKWAY TERRACE APTS 1 & 2 BRs fr \$770

- Walk to Metro/Tennis Courts
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tables & grills
   \$20 APPLICATION FEE\* MAXIMUM INCOME LIMITS APPLY 301-735-5200 Text PTERR to 29999 for more info

3415 Parkway Terrace Drive Suitland, Md. 20748 Mon-Fri 9-5. Sat. 10-4 Managed by the E&G Group \*restrictions apply. call for details

#### SUITLAND

1, 2,3 bedrms available, some with dens.

> Prices starting as low as \$850

> > \$199/\$99

Move in Special Plus Security Deposit Limited Time Offer

# Pinewood Chase

5601 Regency Park Ct #7 Suitland MD 20746

866-414-2477

www.beaconmanagement.com

# **\$499 MOVE IN SPECIAL\***

1 & 2 BRs from \$755 SPECIAL LOW DEPOSIT! UTILITIES INCLUDED! Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site

# SILVER HILL APTS. 301-423-3131

\*plus deposit. Call for details

Suitland, MD

# EH0 **HUGE** Apartments

1 BR \$880 2BR \$1025 3 BR \$1250

- Washer/dryer in all apts.
- Oversized Closets
- Large balconies for relaxing
- On Metro bus line
- 2 & 3 BR w/Dens also a vailable

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# BELFORD TOWERS

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www.beaconmanagement.com
Pricing & Specials are subject to change.
Equal Housing Opportunity

Rent a 1 bedroom 1 bath from \$871-1054 and

# get 1 month free!

2 bedroom 2 baths from \$1090-1340 3 bedroom 2 baths from \$1297-1369

- Metrobus stop outside your front door
- Brand new business/entertainment center
   Spacious floor plans with large closets
   Swimming pool
   Small pets welcomed
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# heather hill

apartment homes 5837 Fisher Rd. Temple Hills, MD 20748 www.heatherhillapts.com

# **GREAT SPECIALS!**

1brs fr. \$699 2 brs fr. \$867

- · Spacious rooms & closets
- Free Gas Heat & Cooking
- Free Brinks Alarm System

# **Harbour Manor** 888-309-6929

4513 23rd Parkway Temple Hills, MD 20748

**OXON PARK & OXON TERRACE APARTMENTS EZ ON THE BUDGET** 1-BEDROOM \$735.00/\$805.00 2-BEDROOM \$845.00/\$925.00

# AND A GREAT MOVE-IN SPECIAL FOR YOU ½ OFF 1ST MONTHS RENT

- ALL UTILITIES INCLUDED
- WALL-WALL CARPET
- THREE BLOCKS FROM SOUTHERN AVE
- READY FOR IMMEDIATE
- HURRY!!! LIMITED TIME
- **CALL US TODAY! 301 894-**



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# 1 Month FREE

Must Move In by 2/14/2010 Limited Availability

> Call Now, ask for Angel 866-370-5749

\*limited availability/please call for details EHO

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- Brand spanking NEW W/D In each unit
- Stainless Appliances Dishwasher, Microwave
- Granite Counter tops
- Steps to Cleveland Park Metro

Eff, 1Br & 2Br from \$1,600

Move in Immediately Call 202-244-3811 WWW.UIPPM.COM

# **ROOMMATES**

ARLINGTON/BALLSTON/2 blocks to Metro-Share Non-Smoking apartment, \$660 includes utilities, W/D, Available now. **703-408-4867** 

ARLINGTON, VA—MBR fully furnished available in shared house. North Glebe. Good location.
Bus to Metro. Call 703-522-8563

Bethesda—N. Beth: \$875, M.br/Priv ba in Ig furn condo. Walk metro. Near NIH. Avail now. Use lvng rm, ktch, sunny den, park. 7037259105

CAMP SPRINGS- Large Furnished Bedroom includes internet, Cable TV & utilities. Near Metro/bus. \$180/week 301-312-7004 CAP HILL/SE - 1833 Mass, Ave. Near DC Armory

Metro. Row house to share. Furn rooms. Cable, util incl. From \$250/week. 301-379-5486 CAPITAL HEIGHTS/Seat Pleasant, MD-

Male to share house, \$150 and up/week. Good transportation. Call 301-499-6323 CAPITAL HEIGHTS/SUITLAND-SFH, furnished room for rent, large yard, shr, kitchen & Bath W/D \$150/wk & up+ sec dep 240-413-2327

CEDAR HEIGHTS Maryland, rooms for rent, near Metro, for more info Call 301-801-4110

COLLEGE PK-Furn rm in SFH to shr w/2 Male, free net, cable, near Greenbelt Metro, prof NS/NP. \$525. 1/3 utils+sec dep. **240-876-1051** 

Deanwood - Room for Rent. NE, DC. All Utilities Included. \$175 per week. Near Me Call (202) 327-0947.

**HYATTS-SFH to share 4 bedroom 3.5 bath.**Near Metro \$150/\$175/week. Master BR \$950, 1 week free **301-802-3029**; **240-462-3238** Hvattsville—1 br. CLOSE TO PG COLLEGE MD. \$500

WITH UTILITIES. CALL 301-675-5755 HYATTSVILLE, MD-Large room in shared house. Close to Metro. No smoking, No pets. \$500/month. 410-216-7036

HYATTSVILLE —Furnished Bedroom, near metro, \$530/month, available now 301-277-0142 or 240-476-9245

HYATTSVILLE - BASEMENT APT, 1 Br, full ba, w/d, pvt ent, w/w, near many amenities, internet, gas, electric included. \$750. Call 240-644-2256

LANDOVER- Furnished Bedroom \$150/week includes all utilities, no sec dep. No Credit chk. 301-483-1014 or 240-550-7285

LANHAM, RUXTON DR Furnished rooms, quiet, no smoking. Utilities included. \$540 and \$560, deposit. **240-645-2380** LAUREL- 1 Bedroom available. Male or Female Call 240-462-3911

LAUREL- Basement, private bath & entrance, cable- \$600, 1 sep bedroom- \$500 Parking available Deposit required. **240-505-0355** LAUREL, MD- Basement, pvt entrance & BA, w-to-w carpet, W/D, dishwasher. \$750/mo utils incl. 1 room at \$525. Call 240-475-4072

LORTON- Master Bedroom with loft, share kitchen & laundry. No Smoking, prof M/F. \$720 includes utilities + security deposit. Call 202-746-1137

MONTGOMERY- Room in basement, Bath separate entrance, near Wheaton station, \$550 240-264-7482

MOUNT RAINIER, MD— Beautiful rooms for rent M/F. \$600-650. Luxury basement room Female only \$900. All utilities included. 301-220-1613

NW—9th & Kennedy St 1 medium room, \$475/mo, share house, bus, near Metro. Cable & utilities included. 202-722-2257

SIL SPG/ASPEN HILL- House to share, bsmnt \$800/mo + elec. Room with shared Ba, \$475/mo. Close to bus stop & shops. Call 202-369-5294

SIL SPG- N/S, Male , safe, furnished suite, Cbl/int, near Transportation & shops, parking, \$165/w utilities included. Sam 240-286-5451

**SILVER SPRING** Roommate wanted, no drinking/smoking/guns, \$550 mo + 1/3 utilities, near transportation, 2.5 mi to Metro **240-838-9808** 

SILVER SPRING Room for rent, by shopping & University Blvd, \$550 incl. cable & internet. 202-903-3518

SPRINGFIELD, VA-Large Basement. A/C, W/D, CA TV, and more. Close to Metro. \$1050/month includes utilities. **571-217-1797** 

SUITLAND, MD-Share 3 level TH. 1BR, share bath. W/D, near Metro. M/F, N/S. Gym, gated community. Free net/cable. Call 301-437-4686

SUMERDUCK, VA- Furnished room, \$350 + half electric & oil bill. Ready to move in Call **540-439-6459**, leave message

TEMPLE HILLS - room for rent, \$150 week. includes cable, phone, all utilities, w/d, fully furnished.

Call: 202-438-9554. WOODBRIDGE - Basement apartment.

1 bedroom, 1 bath, living room. \$700/mo. utils. incl. **703-282-4782 CONDOS FOR SALE** 

Close to NIH & metro,981sq.ft, Great View! Wood firs,balc & quiet. In prkg, 24hr sec,in/out pool,gym,tennis & more. Ride-On bus @ lobby. 240-418-3752

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SELL YOUR HOUSE TODAY!
MD/DC/VA Properties. Any Condition. Any Area.
Call for Free Info. 703-957-5452.

# **CARS**

**Acura 2008 TL** — 3.2, \$27500 obo, Excellent cond, 21k mi, Navigation, Beige int, Blue ext, 4 dr, 703-868-3311

Lexus 2007 IS 250 — \$26,000, Excellent cond. 13k mi, Navigation, Black int, Gray ext, 4 dr, Htd Seats, lease option at 450/mo, 202-425-5595

**MERCEDES-BENZ-1997 E-420-**white, gray inter 105K miles, great condition, MD inspection, \$5200/obo Call 301-424-7615 or 301-520-5095

**Subaru 2002 Impreza** — WRX Sport Wagon, \$7500 obo, Excellent cond, 110k mi, Navigation, 202-491-1868

**Volvo 2006 \$60** — 2.5T, \$16,500, Excellent cond, 36k mi, Tan int, Gray ext, 4 dr, Htd Seats, Mem Seats, Mnrf, XM radio, 6 yr/100,000 mi warranty

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# **Guinea Pig | Soft Secret**

On bended knee isn't the most comfortable position. But rather than grabbing extra mats or a towel to lessen the pressure, now you can don Fila's Knee Pad Yoga Capri (\$55, Shop.fila.com). This photo makes the embedded cushions seem hard to spot, although in real life they're not. But they're comfy — and also handy for cleaning the house.

# **Body Talk**



# **Mountain High**

You won't see noboarding at the Winter Olympics. But you can glimpse the sport — a binding-free form of snow surfing — at the Banff Mountain Film Festival Series, which starts tonight at National Geographic Live! (\$20-\$90, 1600 M St. NW; 202-857-7700; Events.nationalgeographic. com). The five-night run features



shorts about the outdoors, adventure and way more snow than D.C. could ever handle.

While the athleticism of the subjects is certainly on par

with what we'll be watching from Vancouver ("The Ultimate Skiing Showdown," for example, stars the fastest folks on the planet along with a Nordic stunt skier), what's more stunning is how artistic the adrenaline-fueled pursuits can be. Instead of focusing on who's winning a race, these shots allow viewers to marvel at the beauty of a downhill racer enveloped in a cloud of powder ("Signatures"), the dance of speed riders working their way down an epic slope ("Mont-Blanc Speed Flying") and the process of a photographer hoping to capture six extreme mountain sports in a single frame ("MedeoZ").

The films might not win gold medals, but they'll win over fans.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

# A Real Super Bowl

Hearty, creamy and cholesterol-lowering oatmeal is causing a stir around town

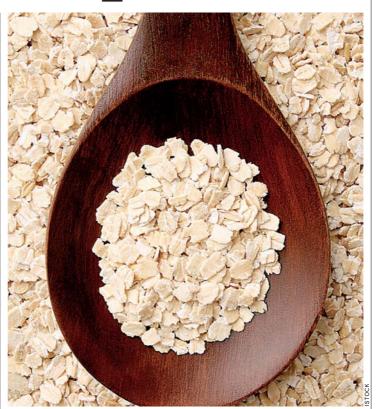
## Dining

Move over, cupcakes! There's a new food trend that's way hotter right now — as long as it's prepared correctly. Oatmeal, the glue-hued classic breakfast dish, is an unlikely craze, but suddenly it's everywhere. Starbucks has hawked its "Perfect Oatmeal" for a year and a half, and now McDonald's and Caribou Coffee are going with the grain, too, so all three chains are hoping Washingtonians warm up to the idea.

"We can customize it, change and adapt its taste so easily with toppings. It's like vanilla ice cream," boasts Alfredo Martel, Caribou's senior vice president of marketing. But unlike the dessert, oatmeal allows them to go after health-conscious customers looking for an easy way to start their day.

Sounds smart to Estela Schnelle (Weeklybite.com), a registered dietician and the director of clinical nutrition at D.C.'s Sibley Hospital, who is thrilled to see so many folks get bowled over. "When it comes to whole grains, you can't get much better than oatmeal for cholesterol and heart benefits," she says.

The fiber-packed fare is certainly a steel-cut above the usual breakfast-on-the-go menu of doughnuts, pastries and egg sandwiches. And most of these offerings allow customers to select what goes into a plain base (see box), so it's easier to keep the calorie count and fat content down by watching those spoonfuls of sugar and skipping the whole milk.



Oatmeal contains fiber, which helps keep you full longer and lowers your cholesterol.

# **Bite Bits**

# The Breakfast Club

Starbucks Perfect Oatmeal (\$2.45) starts with a plain, 140-calorie bowl. Then, you get packets of brown sugar (50 calories), dried fruit (100 calories) and nuts (100 calories) to dump on top, ration out or skip completely. (Or, you're supposed to. Our last order had no nuts.)

Caribou Coffee Handcrafted Oatmeal (\$3.49) is all about choices. It comes in two varieties: regular and seven-grain. Once you select your base, you choose classic, maple brown sugar crunch, apple cinnamon, very berry or cranberry orange. Then decide whether you want it made with 2 percent, skim or soy milk. Depending on what you go for, the end result ranges from 280 calories to 430 calories.

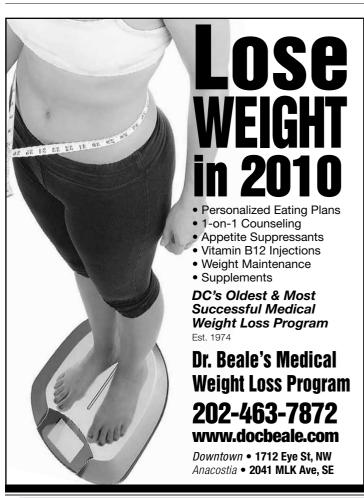
McDonald's Fruit & Maple Oatmeal (\$1.99) comes just one way: maple flavored and sprinkled with fresh apple chunks, raisins and dried cranberries. But even with the works, a serving has only 280 calories.

As with virtually all foods, however, your best bet is making your own oatmeal. Schnelle's standby recipe calls for old-fashioned oats - they're less processed than the instant kind and have more fiber skim milk, banana for creaminess and a few raisins. She's also been inspired lately by the flood of food bloggers who've been dreaming up ways to make gruel gourmet. There's no cooking required for overnight oats. Simply combine oats with Greek yogurt and some milk, and the mixture will thicken up while you sleep. Baked oats involve adding egg whites and sticking it in the oven. "You can mix cottage cheese in, put in pumpkin puree and pumpkin spice, or stir in pineapple and coconut to make tropical oats," Schnelle rattles off. "Or, a spoonful of peanut butter and a few semi-sweet chocolate chips. The peanut butter just melts in."

Want to get extra-creative without a stocked kitchen? Head to the Cereal Bowl (Thecerealbowl.com), which will open its first D.C. location in Cleveland Park in about a month, where oatmeal cookers are built into the counters and the menu features six signature oatmeal offerings, including best-sellers "Dad Knows Best" (with strawberries, bananas and blueberries) and "Mom Knows More" (with apple pie filling, caramel and graham bites). Any of the shop's countless toppings are fair game for people who want to experiment.

But chances are no one will concoct anything quite as unusual as the Cereal Bowl's "Oaties" frosty fruit drinks with a special kick. "Putting cereal in smoothies didn't work, but raw oats thickened them up without powders," raves CEO Kenneth Rader. "A lot of people who don't think they like oatmeal still like them."

If this trend keeps up, it won't be long until evervone will be hauling oats. vicky hallett (express)



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# **Read Between the Lines**

My ex-boyfriend and I have been broken up for two years, but he still sends me text messages on my birthday and includes me in mass messages. The last time we had a real conversation was more than a year ago. Since then, I've called him twice, but he didn't answer. If I respond to his texts, he doesn't answer either. Why does he text me when he obviously has no interest in speaking to me? CONFUSED

Well, this is new: It sounds like he wants to have his cake and the ability to refrain from eating it, too. Maybe he's too lazy to take you off his mass e-mail lists, or maybe he's deliberately leading you on. Most likely, he wants to keep things casual and at a distance, but doesn't want to let go of you as a "friend" in whatever sense that means to him. But it's hard for me to tell his motives, given that he might not even know them himself!

The good news is you have to do only what you want to do. If you'd rather let things die, there's no reason to respond. Or if you're responding just to be polite, that need has ended, too. If you're holding out hope of something more, however, you might do a reality check: He doesn't seem compelled to put any more effort into this relationship than he would into the one with his Great-Aunt Hilda.

# No More Living On a Prayer

My 26-year-old sister was diagnosed with schizophrenia four years ago. She refuses to take her medication, and our mom encourages this, suggesting she pray instead. My sister has been in and out of the hospital, and even had a five-day stay in a mental institution. I'm worried that this cycle will continue. HELPI

I can imagine how frustrating this is for you. And as much as I like to support people in whatever faith they have, I'm afraid that prayer simply does not stack up to medication in terms of empirical validation for schizophrenia treatment!

Contact your sister's doctors, and explain to them the forces that she's up against. If she needs new doctors, get a referral from one of your own or contact your local community mental health center. Let your mother know that you understand her beliefs but that she is jeopardizing her daughter's health and future. Why can't she pray and encourage her daughter to do what's best medically? You can find additional support services through Schizo phrenia.com. Just remember that you need to accept the limitations of what you can do, because your mental health matters, too.





**Event Horizon** 

**Sweet Serenity**  Spend a lot of time thinking about chocolate? Haul your sweet tooth over to the Arlington Lululemon (2847 Clarendon Blvd.) for a "Chocolate Meditation" on Feb. 8. Vincent Hu of D.C. Health Coach (Dchealthcoach.com) will be guide minds and Honi Borden of Holeco Wellness Medi Spa (Holecomedispa.com) will discuss slow eating over chocolate samples. RSVP by calling 703-807-0539 or e-mailing Clarendon-store@lululemon.com.

# physed **fit**

# Training for the Trail

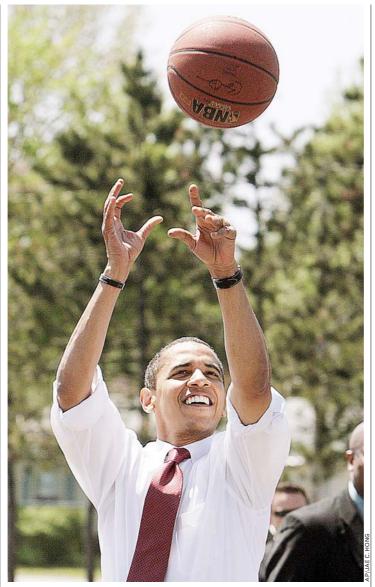
President Obama's former campaign staffers are teaming up to play games

# **Sports**

One year ago, Obama campaign staffers stormed into D.C. with grand plans to change the body politic. And they've succeeded — at least with the "body" part. After an eternity of 16-hour days and late-night food runs on the trail, the fresh faces moving into the nation's capital decided it was time to band together for another common cause: getting in shape.

Stephanie Spiers, who worked in seven states before becoming the deputy field director of Ohio, describes her months on the campaign as "the closest you can get to never sleeping, and living a completely sedentary lifestyle." Now that she's a special assistant at the Department of Homeland Security (DHS), Spiers has done some community organizing of her own to put together a friendly pick-up basketball game at her Tenleytown office. "We play whenever people's schedules work out," she says. "It's a nice step away from the happy hour scene."

The boss' favorite form of exercise has clearly made an impact, judging from the number of other



Obama's not the only guy who works at the White House who likes to shoot hoops.

staffer pick-up basketball games across town — including the exclusive match-ups held at the Department of Interior and Sidwell Friends School. To score an invite, you pretty much have to work at the White House. (Sorry, Salahis.)

But there are other sports besides hoops. In the summer and fall, staffers from the White House and the Treasury met on Wednesday nights to play soccer in the field behind the Treasury Department, running around until after sunset. Touch football games were held Sunday afternoons through the fall at McKinley Technology High School, typically bringing together 15 to 20 former campaign warriors. Some had never played football, but that didn't stop the "Yes, We Can" crowd from learning zone coverage and out routes. (Although, apparently, they could stand to learn from the prez's non-mudslinging ways losing teams faced the prospect of a week of e-mail trash talk.)

For fellow DHS employee Justin Breighner, who went from being a soccer player at the University of Utah to an intern on Obama's data team, these games are a natural continuation of his adrenaline-fueled time in Chicago. "A campaign is kind of like being on a sports team," he says. "It makes sense to now work out and play sports together."

At least until the next presidential election. JOEL CENSER

# Recipe File



# SMOKY WHITE CHILI WITH GRILLED CHICKEN

**2 TBSP** extra-virgin olive oil **2 CUPS** chopped yellow onion (2 large)

**27-0Z.S** cans diced green chilies

2 TSP cumin

2 TSP dried oregano

**1/2 TSP** chipotle chili powder, or to taste

**615-02.** cans Great Northern beans or white cannellini beans, rinsed **8 CUPS** (2 quarts) reduced-sodium chicken broth

**3 LBS** boneless, skinless chicken breast

1/4 CUP lime juice

#### Makes 12 servings

Heat a grill to medium-high.

In a Dutch oven or other large pot over medium-high, heat the oil. Add the onions and cook, stirring often, until softened, about five minutes. Stir in the chilies, cumin, oregano and chipotle chili powder. Cook, stirring often, for five minutes. Stir in the beans and broth, and bring to a simmer. Cook, stirring occasionally, for 30 minutes.

Meanwhile, grill the chicken until well-browned and an instant-read thermometer registers 165 F when inserted at the thickest part of the breast, four to five minutes per side. Transfer to a cutting board and cool for 10 minutes. Dice the grilled chicken into 3/4-inch pieces, then set aside.

Using a ladle, transfer 2 cups of the beans and cooking liquid to a bowl and mash with a fork. Stir the mashed beans back into the simmering pot. Add the chicken and lime juice, then cook for 10 minutes more. (AP)

# **Local Flavor**



# **Not Short on Energy**

Josh Short mans the ovens at **Buzz Bakery** (901 Slaters Lane, Alexandria; 703-600-2899; Buzzonslaters.com), but even a cupcake connoisseur such as he can handle only so much sweet stuff. "Pastry chefs sometimes tire of eating sugar all day," he admits. So, one day when he was at home watching a cooking show about healthier baked treats, he was inspired to toy around with online recipes. After some tweaking, he was chomping on his very own energy bar (\$1.95, pictured left).

"I was trying to find something that's low in sugar and fat, and good for you," he says. "I wanted something to sustain you." The result is a rectangular slab of all-natural peanut butter, rolled oats, agave nectar, dark raisins, fiber-rich pepitas and dark chocolate (he uses Belcolade). If you're attempting to make similar treats at home — which, Short says, is simply a matter of binding the ingredients with the peanut butter, spreading in a pan and slicing — be careful the bars don't get too dry. His solution: extra chocolate. (Just think of it as more antioxidants.) The January resolution crowd couldn't get enough of the bars, and neither can Short, who grabs one for a daily snack. "It's nice to have something here to munch on that fills you up," he says. "When I eat one, I feel full and I'm not craving anything." AMY CAVANAUGH

# f**it** wellness

# Stethoscope



# **Just Imaginary Friends**

Cue up the horror movie music. According to a new study in the British Journal of Psychiatry, nearly one in 10 7- to 8-year-olds hears voices that aren't actually there. The good news is that of these kids, only a fraction said the voices caused them suffering or interfered with their thinking. And researchers say most of them probably won't develop mentally illness the voices will just go away.

# **Playing Against Type**

You might think the "A" of type A stands for anxiety. After all, traits such as aggression and competitiveness don't make folks so laid-back. But a study published in the Journal of Occupational and Environmental Medicine found that a characteristic of type A personalities is actually linked to lower stress: leadership. That's because control over work decisions makes the effort more rewarding.

# Add 'Om' to the Office

Tranquil Space's founder tells why yoga really works

There are eight arms of yoga, and Kimberly Wilson seems to have them all. How else would she be able to juggle running three studios (Tranquil Space in D.C., Arling-



ton and Bethesda), designing an "eco-luxe" clothing line (TranquiliT) and operating a nonprofit outreach program for teens (Tranquil

Space Foundation)? She reveals her entrepreneurial secrets for doing it all in her new book — her second — "Tranquilista" (\$14.95 for a signed copy at Tranquilista.com).

Although there's plenty in the pink tome on branding and networking, "entrepreneur" has a broader meaning to Wilson. "I wanted to reframe the word to be about building something that makes a difference. It could be starting a blog about going green. Maybe it's profitable, but maybe it's not," she says. The goal is to have a richer life



Kimberly Wilson, left, started Tranquil Space in her living room 10 years ago.

rather than a richer bank account, and even if you're not a dedicated yogini like Wilson, she says learning about the Indian practice can help you along the way.

Through everything she's done, Wilson has infused yoga. "It's helped keep me sane," she says. And although the poses and breathing are beneficial, it's more than the movement. The principles of living mindfully have kept her focused on the environment she's created for her employees and customers. "As a leader of an organization, one thing that's key to me is I always want to make sure my team feels heard," she adds.

That team includes the leader, who needs to know what she wants, too. To assist the self-reflection process, Wilson recommends "vision boards," a kind of collage dedicated to your future. "Pull images that appeal to you. I have blue robin eggs, flowers, quotes — it's a way for me to be inspired," Wilson says.

In her view, the bigger picture should always include ways to give back, so she devotes a section of the book to "Divine Do-Gooding." "It's not necessarily money," she reminds. Volunteering your time and expertise can be just as rewarding. One of Wilson's favorite annual traditions is Doga, an outdoor yoga class that welcomes humans and canines, and raises funds for the Washington Humane Society.

And just as every yoga practice ends with savasana, every day also needs dedicated relaxation time. As a blossoming business owner, Wilson often neglected self-care. "When I started, I would work 17-hour days," she says. Now, Wilson schedules monthly massages, meditates regularly and spends a day every once in awhile never getting out of her pajamas for a ritual called "bed days."

There isn't much time for those, but as part of her daily routine, she always tries to make her first stop her voga mat instead of her computer. "It sets the tone for what the day will be like so we can make a difference to others," she says. **VICKY HALLETT (EXPRESS)** 

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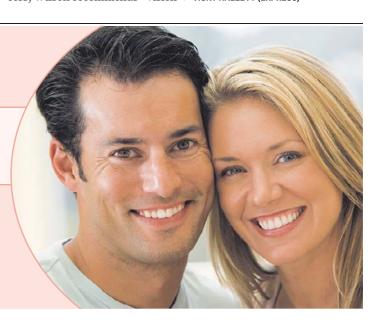
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# lookout



# **Funnily Ever After**

Kristen Bell and her comedian beau, Dax Shepard, are engaged 39

# Sound Bets



# **Capital Circuits**

I didn't watch the Grammys, and I unfollowed anybody live-tweeting them. Because, though I like some of the artists up for awards, I didn't care whether they won — and truly didn't need to read grown-ups' complaints about who should have won in this childish contest. Whining about how bad



the Grammys were/ are/will always be is just a whole lotta noise — whereas you could have visited Districtofnoise.org to hear actual noise and all sorts of other live

recordings from our small-but-thriving experimental-music scene, covering free jazz, psychedelia, modern classical and avant electronics.

The highest-profile event from this underground world is the annual Sonic Circuits festival, whose organizers also produce concerts throughout the year; their next features ambient groups Mountains (New York City), above, and Tape (Sweden) playing Feb. 8 at Bossa in Adams Morgan. But there are house shows and smallvenue gigs going on all the time.

So, next year, instead of bemoaning what the Grammys "have become," visit Districtofnoise.org and DC-soniccircuits.org to discover music by artists who don't care what you think about awards shows, either.



# Unsolved 'Lost' Mysteries

The beginning of the end is upon us, and burning questions must be answered

#### **Television**

For six years, the fans of "Lost" have tried to figure out what on Earth is happening on that darned island. And tonight, the beginning of the end is finally here.

With the premiere of the show's sixth and final season, J.J. Abrams and co. will begin to show legions of rabid fans the real reasons that Oceanic Flight 815 crashed, how the lives of its survivors are intertwined and whether Ben really is as much of a jerk as we've been led to believe. And during the season's next 17 episodes — which ABC will show with no repeats or breaks until the season finale in May — viewers will (hopefully) get more explanations about the nature of time travel, who Jacob really is

and whether Kate will ultimately choose Jack or Sawyer. You know, the important stuff.

And Tuesday's two-hour premiere, "LAX," which begins at 9 p.m. on ABC, will get the ball rolling. Picking up where the fifth season finale, "The Incident," left off, "LAX" will not only place us on the island, post-hydrogen bomb, but will also introduce a new narrative device to keep us on our toes. Here's a rundown of the three weirdest "Lost" plot phenomena that we want answers to as soon as possible.

JACOB: With "The Incident," viewers were introduced to Jacob, the highest leader of the Others who is supposedly both ageless and all-knowing. But in the final moments of "The Incident," it was revealed that Jacob may have been murdered by Ben as a result of manipulation by a mysterious rival of Jacob's. So, who is Jacob, why is he ageless, what is his purpose in bringing people to the island and

# Quoted

# **Everyone's 'Lost'**

The stars of the show gathered in Waikiki for a sneak peek of the season's first episode this weekend and expressed confusion of their own. "Some big chunks are falling into place, but still I don't know where it's going," Michael Emerson, who plays Ben Linus, told AP. "I thought midway through the final season, I would be able to begin to see the end. It's not the case." (EXPRESS)

why does his murderous enemy despise him so?

RICHARD ALPERT: Just as Jacob is bizarrely birthday-less, so is Richard Alpert, his closest follower. Also crisscrossing through time, Alpert is the one specifically responsible for bringing Juliet to the island and also has

a seemingly close relationship with Locke. Nevertheless, he's not one to be totally trusted. It's hard to figure out exactly what Alpert's motives are and whether he's actually listening to Jacob. What's the deal?

1977: Time travel has some of the survivors — such as Jack, Kate, Sawyer and Juliet — stuck three decades ago. But are they there for good? If the now-dead physics professor Daniel Faraday is to be believed, then they should be able to travel back to the present with the help of a constant. But while Faraday's constant was the chivalrous Desmond, how are the survivors going to get back to the present without someone moving the island forward 30 years? Explain that one, guys. ROXANA HADADI

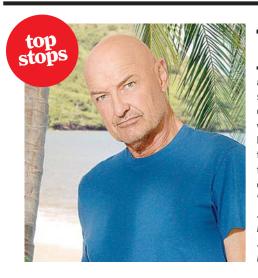
# expressnightout

For more on "Lost" and other hit TV shows, visit **expressnightout.com** 



expressnightout.com >> 'Love Happens' is the latest Jennifer Aniston movie to regurgitate Rachel;

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The Final Countdown

If you watch "Lost," you already knew the last season starts tonight, because you're obsessed. If you want to celebrate with a group, check out Social's luau party — \$4 beachy cocktails and discounted Hawaiian food specials — to watch the first episode. If you don't care about "Lost," just stay home. F.z. Social, 14th Street and Meridian Place NW; 7 p.m.-11 p.m., free; 202-797-1100, Social14.com. (Columbia Heights)

**Enjoy The Silence** 

Though Synetic Theater

has created a series of wordless Shakespeare productions, we're more curious to see its version of "Antony and Cleopatra" than anything it's tried before. It's a complex geopolitical play, and the words will be tough to replace. We have faith, though. F.Z. Shakespeare Theatre, 450 7th St. NW; through Feb. 28, \$40-\$55; 202-547-1122, Shakespearetheatre.org. (Gallery Place) Renaissance Weirdo

You know John Waters as the pencil-mustachioed director behind "Hairspray." Well, surprise, surprise:

> The weird and kitschy filmmaker is responsible for a weird and kitschy photography exhibit called

"Versailles," named for the Towson garden apartment complex he documented. F.Z. C. Grimaldis Gallery, 523 N. Charles St., Baltimore; through

Feb. 27, free; 410-539-1080, Cgrimaldisgallery.com.

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# entertainment lookout

# **Troubled Royalty**

'Princess Noire' is a frank account of Nina Simone's life

#### **Book Review**

The punch line of the Nina Simone story is obvious from the title of Nadine Cohodas' new biography,



"Princess Noire: The Tumultuous Reign of Nina Simone."

That "tumultuousness" runs through almost every aspect of

Simone's life, from the race issues in her childhood in North Carolina to her issues with the United States that made her choose to live abroad later in life.

Even when it came to music, Simone's life was full of conflict: There was her struggle between her mother's wish that she play religious music, and her own need to play more popular and improvised music in bars to earn money.



Nina Simone was known for her jazzy vocal stylings and drama-filled life.

Born Eunice Waymon, she adopted the stage name "Nina Simone" so that her mother wouldn't find out about her less pious source of income. She grappled with pursuing a career in popular music, when she herself wanted to become a classical concert pianist. Although she had studied for a summer at Juilliard, she was devastated not to be admitted to Philadelphia's Curtis Institude of Music.

But more tragic are the stories of Simone's volatility; Cohodas recounts incident after incident of Simone's capricious personality in performance, from the benign (demanding that a piano be cleaned off upon arrival at the venue) to the tolerable (shushing a chatty audience at a bar) to the explosive (ordering her bandmates to pack up and leave the stage).

For better or worse, "Princess Noire" reads like a novel. Even the book's formatting lends itself to this feel: References are cited at the end by page number, rather than with footnotes littering the text.

Cohodas presents Simone's life without judgment. There's no criticism or praise here, which allows the reader to form his or her own interpretation of the woman who created some of the 1900s' most intriguing jazz music.

# expressnightout

To watch a clip of Nina Simone performing live, visit **expressnightout.com** 



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**You could win one of 5 pairs of tickets** to the NSO Pops performance of "And the Winner Is...", a thrilling orchestral salute to the Academy Awards led by Bill Conti, guest conductor and movie music composer!

# Pick up Express for the Spring Arts Preview section

Thursday, Feb. 4





No purchase necessary. Sweepstakes is sponsored by WP Company LLC d/b/a The Washington Post and The Kennedy Center (collectively "Sponsors"). Contest is open to those who are 18 years of age or older and line in Washington, D.C., Maryland and Virginia at time of entry and receipt of any prize. Void where prohibited by law. Five (5) winners will receive a pair of tickets to NSO's February 2, 11 performance at 7:30 p.m. Average Retail Value (ARyl) of prize is \$120.00. Entry period begins at midnight or Tuesday, February 2, 2010 and ends at 11:59 p.m. on Thursday, February 4, 2010. Log onto expressnightout.com to enter. Or mail a 3 ½" x 5" postcard with your complete name, address, daytime phone number and e-mail address to: Express Spring Arts Preview Contest, Advertised Promotions Department, 1150 15th Street NM, 7th Floor Lennox, Washington, D.C. 20071. Number of entries will determine odds of winning. Participating sponsors, their employees and agencies are not eligible. For complete rules, log onto expressnightout.com.



Concerts, movies, events, restaurants and more.



# lookout entertainment

# **Come Out Stinging**

Scorpions gear up for a raucous final album and world tour

#### Music

"This history of the band is so amazing. We have so much film in our library and other things which will keep coming out," says Rudolf Schenker, who founded Scorpions in 1965 and shepherded the band to worldwide sales of more than 100 million. He says the group's treasure trove includes footage from early concerts in Germany and Japan, from the 1983 US Festival, from the Scorps' commercial zenith in 1988 and from the band's 2002 tour of Russia.

The first priority, of course, is putting out the final Scorpions



Lead singer Klaus Meine, left, and founder Rudolf Schenker of Scorpions.

studio album, "Sting in the Tail," on March 23, then commencing a two-year, five-continent world tour on March 15 in Prague, with North American dates planned for June

through September. The tour will also be filmed and recorded for potential future release.

"You can't think about Scorpions at 70, playing 'Rock You Like a Hurricane' — but onstage it's not like a hurricane; it's a very small wind," he says. "There's no stinger, and that's not good. Everything has its end. The question is: Is it a good end or bad end? In this case,



# STILL DEPRESSED?



# **Adult Major Depression Research Study: Novel Medication**

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in a National Institute of Mental Health research study investigating a novel medication. This treatment study is studying if a research medication can produce a rapid reduction of depressive symptoms in patients with treatment-resistant major depressive disorder.

This 7-week inpatient study is conducted at the NIH Clinical Center in Bethesda, Maryland, and compares the medication to a placebo (inactive sugar pill). After completion of the study the participant will receive short-term treatment to transition back to the community. In addition, all research participation is without cost.

Those eligible to participate must:

- Be ages 18-65
- Have been diagnosed with major depression
- Have taken two antidepressants that did not help

For further information on participation, please call

1-877-MIND-NIH (1-877-646-3644)

e-mail: moodresearch@mail.nih.gov (TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov Adult Depression 09-M-0240



# National Institute of Mental Health



National Institutes of Health, Department of Health & Human Services www.clinicaltrials.gov

Information Session

Wednesday, Feb. 10

3601 Wilson Boulevard

Arlington, VA 22201

Rsvp Today!

703.248.2800

nearyou.gwu.edu/teach

6:00 pm

Suite 400

# TV tonight lookout

# Living in a Digital World

'Frontline' examines the effects of today's 'Virtual Frontier'

# **Technology**

The future has arrived, and it's realer than real. Really! A thoughtful "Frontline" presents "digital\_nation: Life on the Virtual Frontier."

For decades now, we've been sold on what technology can do for us. "Digital" looks at the other end of the telescope and asks just what technology is doing to us.

Producer/narrator Rachel Dretzin visits MIT, where some professors are beginning to worry that a generation of students have grown so overstimulated and distracted that they cannot grasp basic con-



Rachel Dretzin produces and narrates this special on digital technology.

cepts or articulate what they've learned. Students freely admit that they simply don't concentrate on one subject for long periods of time.

Dretzin also drops in on a oncefailing Bronx middle school where students now thrive in media-intensive programs. Students love coming to school, and teachers couldn't be happier.

Korea, said to be a decade ahead of the rest of the world in virtual matters, has set up official clinics for Internet and video-game addiction. On the other side of the coin, we meet married couples who "met" while playing World of Warcraft and other people who feel closer to their gamer friends than to "real" people.

"Digital" does a great job of surveying these brave new worlds of work, school and family, all of them fraught with legal, ethical and moral issues. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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# Judges



# In Posh We Trust

If you liked Victoria Beckham in Boston, here's good news: The artist formerly known as Posh Spice returns as a guest judge for the final round of auditions in Denver on "American Idol" (8 p.m., Fox). More than 9,000 hopefuls were on the scene in the Mile High City for their shot at stardom. After tonight, the competition starts in earnest for all those wannabe Carries and Cooks who've impressed the judges enough to earn that magical golden ticket to Hollywood. (TRIBUNE MEDIA)

# **Best Bets**





Psychic Kids: Children of the Paranormal The season finale, "Spirits Among Us," brings together three kids who are finding their psychic abilities a bit overwhelming. They meet at a historic bed-and-breakfast and help one another face their fears and discover even more psychic talents.

8:00

**Lost** The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. For more on the questions we hope to see answered, see our full-length article on Page 31.

CBS 10:00 **The Good Wife** As Peter's appeal goes to trial, Alicia (Julianna Margulies, right) is trying a case of her own with echoes of O.J. Simpson. Her client is a man being tried in civil court after being acquitted in criminal court of killing his wife. Alicia has her doubts about his innocence.



**The Millionaire Matchmaker** Just as Patti announces that she's tired of certain "old" clients, Shauna, her arch-nemesis from last season, returns. This time, however, she appears ready to take Patti's advice and date men closer to her own age. New client Michael seems like every woman's dream, but he's painfully shy. (TRIBUNE MEDIA)

lookout online

# **Poll Center**

# **Today's Question**

# IS ABSTINENCE EDUCATION EFFECTIVE IN PREVENTING TEEN PREGNANCIES?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

# Yesterday's Results

DO YOU THINK D.C. MAYOR ADRIAN FENTY WILL WIN A SECOND TERM IN OFFICE?



**"For sure.** D.C. residents have shown that they will vote anyone in as long as they have a (D) after their name."

#### COMMENTER COMMON KEVIN

**"He will win** by a landslide. That being said — I hope some of the arrogance goes away."

# COMMENTER FRANK

SEE HOW YOUR METRO STATION VOTED

AT WWW.EXPRESSNIGHTOUT.COM



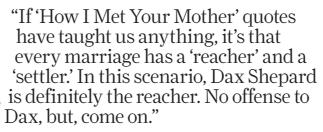
"This may just about make up for the loss of 'Blonde Charity Mafia,' a show about brats who fundraise and drink in Georgetown. [We're] terribly excited to ... find out what the show will be called. 'Georgetown Cupcake: Unfrosted'? 'Behind the Sprinkles'? Endless possibilities."

— **BLOG.GEORGETOWNVOICE.COM** IS HAPPY TO HEAR THAT THE LOCAL CUPCAKE STORE WILL BE GETTING ITS OWN REALITY SHOW ON TLC.



"We still can't believe Beyonce covered a 15-year-old Alanis Morissette song or that Pink basically turned the Grammy audience into Sea World's splash zone with her gravity-defying, water-sprinkling performance."

— IDOLATOR.COM WAS PARTICULARLY WOWED BY PINK'S AERIAL BALLET PER-FORMANCE OF HER SONG "GLITTER IN THE AIR."



 THEHOLLYWOODGOSSIP.COM IS A BIT SURPRISED BY THE ANNOUNCEMENT OF THE ENGAGEMENT OF ACTORS SHEPARD AND KRISTEN BELL. **"WHILE I DON'T DOUBT** that these people's hearts were in the right place,

I can't help but acknowledge that they pulled such a stunt because they thought they could get away with it."

— CURRENTSBETWEENSHORES.BLOGSPOT.
COM DOES NOT HAVE MUCH SYMPATHY FOR THE
MEMBERS OF THE IDAHO CHURCH ACCUSED OF
TRAFFICKING CHILDREN FROM HAITI.

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Concerts, movies, events, restaurants and more.



Look for site highlights in today's Express.

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extraordinary™
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Charter Middle School of
Mathematics and Science
(MS)2

Enrollment applications are available for the 2011 School Year, and will continue to be accepted until Friday, April 9, 2010.
For additional information please visit our School located on Howard University's campus at 405 Howard Place, NW, our website at www.howard.edu/ms2 or call 202-865.0282.



# Clinical Research Study For Birth Control

Millennium Clinical Trials, LLC is conducting a clinical research study of an investigational oral medication for birth control.

Qualified participants will receive at no cost for up to 12 months:

- Periodic gynecological exams
- Investigational oral birth control medication Females that are 18-40 years of age, sexually active, and have regular menstrual cycles may be eligible for participation.

Compensation up to \$300 is available for time and travel.

For information about this research study, please call 703-527-8100 or email bcstudy@mctrials.net

Participation is completely voluntary

# puzzles lookout

# Horoscope

AQUARIUS (Jan. 20-Feb. 18) Extra effort may be required before you reap the rewards you seek. Someone knows that you're more than you say.

PISCES (Feb. 19-March 20) You'll find yourself pulled in a surprising direction. Seek a way out of a situation that does not provide you with what you need.

ARIES (March 21-April 19) You have made a promise you can't break, so adjust your schedule accordingly. Saying no at this point is not an option.

TAURUS (April 20-May 20) You may feel rather fragmented as you are pulled in more than one direction. Later, take the time to reassemble.

GEMINI (May 21-June 20) The list of things you have to accomplish is growing, and you've not prioritized properly. Once you know what is most important, you can make a start.

CANCER (June 21-July 22) Friends and loved ones are behind you 100 percent at this time, despite your perception that you're being overly criticized.

LEO (July 23-Aug. 22) Now is a good time to experiment with new strategies and tactics. What you want is unchanged; how you can get it remains a mystery - for the time being.

VIRGO (Aug. 23-Sept. 22) Others are making demands on you at this time that you cannot quite meet, though all it will take is a few honest conversations to sort it all out

LIBRA (Sept. 23-Oct. 22) You're not likely to make much progress on your own, but with the help of a trusted ally, you can overcome a few key obstacles.

SCORPIO (Oct. 23-Nov. 21) You have been focusing on the wrong issues lately. The key is in your hands, but you don't know it yet. Follow another's example for now.

SAGITTARIUS (Nov. 22-Dec. 21)

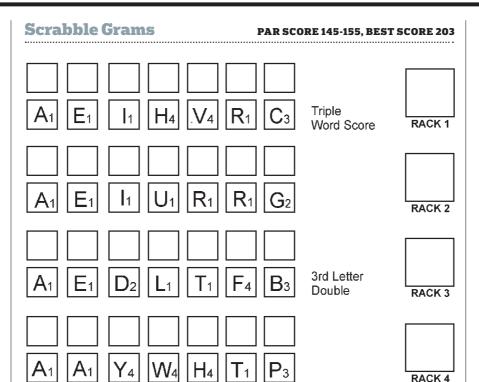
Time is perhaps your most valuable resource, and you'll want to balance schedule and budget with great care.

CAPRICORN (Dec. 22-Jan. 19)

You may have trouble accommodating someone's special request. Evening brings an opportunity to do something in a better way.

•••••





# Yesterday's Solution

Вз	Uı	L1	Вз	O <sub>1</sub>	Uı	S <sub>1</sub>	RAC	< 1 =	61	
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#### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

# Sudoku

# **DIFFICULT**

6				4		3	
	4			3 5		7	
	9			5			
3	6		5				
		1			4		
				9		2	3
			1			2 8 5	
	7		3			5	
	1		8				9

#### Yesterday's Solution

7	6	1	8	2	4	9	5	3
5	8	3	1	7	9	4	6	2
9	4	2	3	6	5	8	1	7
6	5	4	9	8	7	2	3	1
8	2	9	5	1	3	6	7	4
3	1	7	6	4	2	5	8	9
1	7	5	2	9	8	3	4	6
4	9	8	7	3	6	1	2	5
2	3	6	4	5	1	7	9	8

# Need more Suldolku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

# Comics

#### FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

#### **POOCH CAFE | PAUL GILLIGAN**

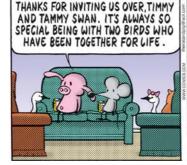


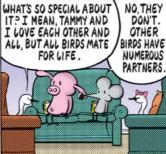






# **PEARLS BEFORE SWINE I STEPHAN PASTIS**







# Forecast



**38 30** 

Today: Mostly cloudy today. A bit of snow toniaht.



Tomorrow: Mostly sunny tomorrow. Clear

## **Looking Ahead**

to partly cloudy tomorrow night.







43 | 27 | 41 | 26 | 37 | 25

# **Sun and Moon** Sunrise today: 7:14 a.m.

Sunset today: 5:30 p.m. Moonrise today: 10:04 p.m. Moonset today: 8:55 a.m.

Normal high: 43 Record high: 77 Normal low: 27 Record low: 6

Almanac

FORECAST BY ACCUWEATHER.COM © 2009

# Does your loved one have dementia of the Alzheimer's type?

If so, our office is enrolling in a clinical study. The study is to evaluate the safety and efficacy of an **L** investigational medication used to treat severe dementia of the Alzheimer's type. To qualify for this study you must:

- Be Male or Female, at least 50 years old
- Diagnosis of probable dementia of the Alzheimer's type
- Must have a caregiver or Legal Guardian

Participants will need to come to our office for visits and testing. Study medication, office visits and testing are provided at no cost to you. You will be compensated for your participation in this clinical study.

For more information, please contact our office at 301-984-8800

# DO YOU DRINK ALCOHOL?

- ✓ Drink daily or almost daily?
- ✓ Are between the ages of 24 and 60?

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

> For more details, call 301-496-7500







# lookout puzzles

1/

17

20

35

38

42

45

64

29

#### Crossword

#### ALL OVER THE PLACE

12

58

#### **ACROSS**

- 1 Burned up the road
- 5 Large, sweet fruit 9 Sales pitch
- 14 Arabian seaport
- 15 "... are \_\_\_ parted"
- 16 "\_\_\_ Frutti" (Little Richard tune)
- 17 Moderate, in politics
- 20 Occur afterward
- 21 "Cheers" perches
- 22 Cagney epithet
- 24 Emotional wounds
- 28 "Grapes of Wrath" migrant
- 31 Word of farewell
- 34 Opera heroine
- 35 Lion's lair
- 36 Revered religious image
- 37 Bar of gold
- 38 1999, e.g.
- 42 Affronts
- 43 Lay waste to
- 44 Poetic contraction
- 45 Time units, briefly
- 46 Better for the job
- 48 Cutlass or 88
- 49 Tailor, often
- 51 Have brunch
- 53 Most certain 56 Gets up in the morning
- 60 Due date, often
- 64 Salad dressing vessel
- 65 Argus-\_\_\_ (vigilant)
- 66 Psychologically sound
- 67 "Trick or treat" reward.
- 68 Large Nevada city
- 69 "Bejabbers!"

# DOWN

maroon

- 1 Hardly risque
- 2 Norse god of wisdom 3 Cardinal, cerise and
- 4 Stand the test of time
- 5 Take advantage of
- 6 Baby syllables
- 7 Artist's apartment, nerhans
- 8 From A to Z

9 Burial stone (var.)

61

- 10 Contract word
- 11 "How was \_\_\_ know?"
- 12 Airport approximation
- 13 Part of a jack-in-the-box
- 18 Shepherd's field
- 19 d'neuvres
- 23 Diplomat's skill
- 25 "Don Ouixote" author
- de Cervantes
- 26 Went gaga over
- 27 Greek woodland deities
- 28 "Battleship Potemkin"
- city 29 Dog shelter
- 30 Make a member, as of
- the Hall of Fame
- 32 Word from Homer
- Simpson
- 33 Lethargic

- 36 "No\_\_ \_\_, ands or buts!"
- 37 Rural hotel

15

23

36

50

- 39 Excessively
- preoccupied 40 Implement with which

65

- to break
- 41 Blarney Stone land
- 46 Prefix for "space" or
- "dvnamic"
- 47 Like better
- 48 Lazy
- 50 In need of paving, maybe
- 52 Slot machine feature
- 54 Affliction of the eyelid
- 55 "After that ..."
- 57 Bottleneck
- 58 Smoker in Sicily?
- 59 Backyard structure
- 60 Govt. airwaves

66

69

63

- 61 Tax-deferred nest equ
- 62 Score on the diamond
- 63 Nineteenth-century samurai

#### Vesterday's Solution

.,			···	ay		•	o.	uı						
<sup>1</sup> A	2 N	³ G	<sup>4</sup> S	<sup>5</sup> T		<sup>6</sup> A	<sup>7</sup> M	°o	³ĸ		<sup>10</sup> T	11A	<sup>12</sup> B	<sup>13</sup> S
14 M	0	ī	R	Е		15 L	- 1	R	Ε		<sup>16</sup> O	N	Ε	Α
17A	L	٧	-1	Ν	<sup>18</sup> A	1	L	Е	Υ		ı	N	Α	s
<sup>29</sup> H	0	Ε		<sup>21</sup> F	0	В		220	В	<sup>23</sup> S	С	E	N	Е
			24	0	N	1	<sup>25</sup> C		<sup>26</sup> O	s	н	Α	Υ	
<sup>27</sup> O	<sup>28</sup> R	<sup>29</sup> A	С	L	E		<sup>30</sup> ∟	٥,	Α	N	E	R		
32 M	Т	R	Е	D		33P	Α	R	R	s		34 <sub>C</sub>	35 A	36 N
37E	F	Т	s		38 L	U	R	Е	D		38 O	Н	-	0
<sup>40</sup> N	Т	Н		ร์ร	Α	R	-1	S		42 	R	Е	N	Е
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55 E	Α	s	Е		55 A	N	<sup>57</sup> S	Е	L	Α	\$8D	А	М	s
59 A	С	н	Е		60 T	1	Е	R		<sup>61</sup> C	Α	т	ī	s
62 T	Е	Е	N		зE	т	Т	Α		<sup>64</sup> K	N	Е	L	Т

# <mark>Today</mark> in History

New York City—with a population of 800, gains a city charter from the Dutch.

Reports surface that the FBI conducted a sting operation targeting members of Congress using phony Arab businessmen in what became known as "Abscam," a code name protested by Arab-Americans.

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# people lookout



# **Model Speaks Candidly About Horrors of Labor**

Gisele Bundchen says she gave birth to her son in a bathtub and that it didn't hurt a bit. The wife of Tom Brady tells Globo TV she wanted to be aware and calm during birth. So, she decided to have her boy, Benjamin, at home on Dec. 8. The model says she "didn't want to be drugged up" when she gave birth. To prepare, she says, she did a lot of yoga and meditation. (AP)

# **FREE GIFTS**

# **Get Knighthood While Supplies Last: Offer** Expires Feb. 2, 2010

France has honored Jim Carrey and Ewan McGregor by naming them knights in the prestigious National Order of Arts and Letters. The two are in Paris to promote "I Love You Phillip Morris." On Monday, French Culture Minister Frederic Mitterrand declared, "I love you, Jim Carrey! I love you, Ewan McGregor!" (AP)



FREE with every trip to France: a prestigious "honor" unknown in America!

# Confusion



# 'Why Did I Install **Teller Windows?**

Rip Torn was so intoxicated when he broke into a Litchfield, Conn., bank carrying a loaded gun that he thought he was home, taking off his hat and boots, and leaving them by the door. Torn was released on \$100,000 bond Monday. He's expected to enter an alcohol rehabilitation center as early as Tuesday, his attorney said. (AP)



TRADING UP

# **Amazed** By Luck

Kristen Bell and Dax Shepard are engaged. Bell's publicist, Mar-**Doofus** engaged. Dell's publicist, Mai cel Pariseau, confirmed the couple's engagement but said Monday that no other details are available. The 29-year-old Bell and 35-yearold Shepard appear in the romantic comedy "When in Rome." The actress was a presenter at the Grammy Awards Sunday. Her TV credits include "Heroes" and "Veronica Mars." (AP)



**ONLY EXPLANATION** 

# **Actress Will Never** Let Random Number **Generator Choose Her Next Project Again**

Sandra Bullock could be the first actress in history to win both a Best Actress Oscar (for "The Blind Side") and a Worst Actress Razzie (for "All About Steve") in the same year. "All About Steve" was also nominated for Worst Picture. (EXPRESS)

"Twitter, by FAR [is] THE MOST HATEFUL. **DEVIL WORSHIP-**PERS, RACIST, AND **VIOLENT COMMU-NITY THAT I HAVE EVER EXPERIENCED!** TWITTER IS BAD."



TILA TEQUILA, WHO DELETED HER TWITTER PAGE MONDAY AFTER MONTHS OF PROLIFIC POSTING "MY TRUE FANS KNOW WHERE TO FIND ME," SHE WROTE.



Concerts, movies, events, restaurants and more.



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